

# THE AGELESS EXECUTIVE

Chapter Five

The Miracle of Brain Rejuvenation

Chapter Six

The Brain and Epigenetics - Mitochondria -  
Psychiatry



SCIENTIFIC INSIGHTS AND  
REFERENCES ON BRAIN HEALTH AND  
REJUVENATION  
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## Foreword

Welcome, Ageless Executive!

As Executive and CEO of your life, have you sometimes wondered who really is in control?

What if I told you that within the pages of this book lies the key to transforming your brain health and achieving peak performance at any stage of life? As an executive, entrepreneur, and lifelong student of human potential, I've always been fascinated by the science that underpins our ability to thrive. This book is not about abstract potential; it's about actionable steps—supported by cutting-edge research—to rejuvenate and optimize the brain through diet, food choices, lifestyle, and mind management.

In this exclusive preview of *The Ageless Executive*, I'm offering you a glimpse into two of the most transformative chapters of the book. Chapter 5, *The Miracle of Brain Rejuvenation*, explores groundbreaking discoveries about how our brains can heal, grow, and thrive regardless of age. Chapter 6, *The Brain and Epigenetics – Mitochondria – Psychiatry*, takes this further, linking the latest insights in genetics, energy production, and mental health to how we can live fuller, more vibrant lives.

Why am I sharing these chapters with you now? The journey to publishing *The Ageless Executive* has been one of resilience and renewal, much like the themes in this book. After an unforeseen delay due to changes in

distribution, I'm thrilled to announce the official launch is set for February 2025. In the meantime, the book is already available on the Woodslane website.

<https://woodslane.com.au/products/9781925370805?variant=45329944772660>

This e-book is more than a teaser; it's a call to action. The science and strategies within these chapters are not just theoretical—they're actionable, transformational, and designed to empower you in every facet of life.

Whether you're a business leader, a seeker of self-improvement, or simply curious about the power of the human brain, these chapters are your starting point. And I assure you, the rest of the book will not disappoint.

Thank you for taking this first step. Your journey toward a brighter, more limitless future starts now.

Warm regards,  
Edua Potor

<https://theagelessexecutive.com/>

# CHAPTER FIVE



## The Miracle of Brain Rejuvenation

Your brain is the most sophisticated organ in the universe. It is one of the most complex and fascinating structures in the world, composed of over 100 billion nerve cells, or neurons, and each neuron can form thousands of connections with other neurons. This incredible network of neurons allows us to think, feel, remember, learn and experience the world around us. Through neuroscience research we are beginning to understand how our brains work and how we can use this knowledge to improve our lives.

**There are more connections in your brain than there are stars in the Universe!**

With scientific knowledge and a few simple tweaks you can greatly improve your brain health and leadership effectiveness. Indeed, the power of a healthy brain in leadership and its impact on the workforce can be extraordinary!

### SPECT Imaging and the Brain

One of the world's most passionate advocate for brain health is Dr. Daniel Amen who with a SPECT imaging database containing more than 160,000 brain scans, is the leader in applying imaging in everyday clinical psychiatric practice. <sup>(1)</sup>

SPECT is brain imaging study that looks at blood flow and activity patterns. It shows 3 things: areas of the brain that work well, areas

# CHAPTER FIVE



## The Miracle of Brain Rejuvenation

***“When your brain works right, you are right.***

***When your brain has trouble, you have trouble in your life.***

***The health of your brain affects your life.”***

Dr Daniel Amen

of the brain that are low in activity and areas of the brain that are too high in activity.

Dr. Amen is a double board-certified psychiatrist, clinical neuroscientist, brain imaging specialist, distinguished fellow of the American Psychiatric Association and New York Times bestselling author. Dr. Amen is a child and adult psychiatrist and brain scanning imaging specialist who, with his scientists in his clinic, has conducted more than 87,000 brain scans. He lives and breathes “optimising brain health”.

He is probably the strongest influencer in the world in this area of brain health and the content of his books and 70 published scientific papers presents research that is crucial for brain rejuvenation and optimal brain functioning.

At one of his conferences, he presented his audience with a study and rehabilitation program he worked with of active and retired NFL Players who underwent SPECT imaging displaying damage seen across the whole brain.

He reminds us that the skull is hard for a good reason, which is to protect the brain because the brain is as soft as butter, so even though there is solid protection for the brain, it still can be impacted by a fall, an accident or impact sport like football or boxing. So, can football cause long term brain damage? Hell yes!!

So, when Dr. Amen put those players through a brain smart program, 87% of them improved in areas of blood flow, memory and mood, proving that you are not stuck with the brain you have. You can make it better on the right program.

How exciting is that??? Reversing brain damage is a new frontier

with much wider implications.

I would strongly suggest that you read at least one of Dr. Daniel Amen’s books!

Some of my favourites are.

- *Change Your Brain, Change your life*
- *Use Your Brain to Change your life*
- *You can Improve your Brain*
- *Healing Anxiety and Depression*
- *Healing ADD*
- *Making a Good Brain Great*
- *The Brain in Love*

### **Brain Scans Measure Health**

Brain scans are becoming increasingly important in the medical field as they can provide valuable insights into a person’s health. This technology can be also used to measure mental health such as depression and anxiety, but most importantly as a mean to monitor one’s progress when engaged in improving one’s health.

They can also help us understand how our brains work and how we can optimise them for better performance. By understanding the physical health of the organ between our ears, we can make sure that we are living life to its fullest potential.

### **Brain and Food**

The human brain represents 2% of your body weight, on average about 3 pounds (1.3Kgs).

**It is only when it comes to the brain that size matters!**

***Edua Potor***

When the body is at rest — not engaged in any activity besides the basics of breathing, digesting and keeping itself warm — we know that the brain uses up a startling 20% to 25% of the body's overall energy, mainly in the form of **glucose**. That translates to 350 or 450 calories per day for the average woman or man, respectively. <sup>(2)</sup>

Your brain is always “on”. It takes care of your thoughts and movements, of your breathing and heartbeat, your senses — it works hard 24/7, even while you're asleep. This means it requires a constant supply of fuel which comes from the foods you eat, So, what you eat directly affects the structure and function of your brain and, ultimately, your mood. <sup>(3)</sup>

**How you think is directly related to how you eat**

***Edua Potor***

### **Brain Nutrition Simplified**

We have covered hydration in the first chapter and nutrition in the second chapter as they are the foundations of a healthy brain. We can further tweak this to enhance and optimise brain health.

Maintain good hydration because the brain is 80% water and even the slightest level of dehydration will raise stress hormones which are damaging to the brain.

Decrease your caloric intake, as highlighted by substantial research, resulting in an increase in nerve growth factors. Make sure you make the quality of every calorie count! <sup>(4)</sup>

A diet rich in omega-3s is crucial to the brain. Eating fish (preferably wild caught salmon) and taking fish oil will help promoting DHA, which is so good for retina health, mood balancing and supporting the health of the brain synapses. <sup>(4)</sup>

Increase your intake of antioxidants with a diet of wholefoods from fruit and vegetables to mitigate cognitive decline. The US Department of Agriculture suggests: all Berries, Broccoli, Beets, Avocados, Oranges, Red Grapes, Capsicum, Cherries and Kiwis.

Having proteins at each meal will help balance blood sugar levels and a simple thing such as adding nuts will help to prevent brain fog which is associated with eating simple carbohydrates, such as baked treats, fruit juice concentrate and breakfast cereal. <sup>(5)</sup>

## Is Sugar a Food?

### Sugar Blues and the Decline of Civilizations

Our overall physical health and mental health is greatly affected by ingesting refined sugar and yet it is the most widely consumed dietary ingredient. In his book "Sugar Blues", William Dufty writes about the history of sugar in connection with the decline of civilizations when a society incorporates sugar in their diet. He also vehemently criticizes the sugar industry for misrepresenting the health and safety data of its products. <sup>(6)</sup>

Over 1.6 million copies of his book have been printed, which highlights the fact that there are many people who have become more conscious of the way in which unnatural foods are affecting our health and our brain! In his book, originally printed in the 1970s, Dufty plays the role of whistle blower presenting alarming statistics about the rate at which every American consumes sugar every year and at that time it was one hundred pounds (45.36Kgs) per person per year! He further states that sugar is as addictive as nicotine.

And of more recent times, sugar has been compared to cocaine addiction as published by a large American insurance company. (Term Life Insurance).

### Speed of Thinking

Have you ever wondered how quickly information travels in your brain? It turns out that on average, information in your brain travels at an incredible speed of 268 miles per hour unless you are drunk or smoking pot.

It is a well-known fact that we lose around 85,000 neurons every day. This can be a cause of concern for many people as it can lead to cognitive decline and other neurological issues. However, the good news is that our behaviour has the power to either accelerate or decelerate this process. By making healthy lifestyle choices and engaging in activities that stimulate our brains, we can slow down the rate at which we lose neurons and maintain our cognitive health.

Brain health is essential for innovation and creativity. A healthy brain can help us think more clearly, come up with new ideas and solve problems more quickly. It can also help us stay focused on our goals and make better decisions. As such, it is important to take care of our brains to maximize our potential for innovation.

This means getting enough sleep, eating a balanced diet,

exercising regularly and engaging in activities that stimulate the mind. By taking care of our brains, we can ensure that we are able to think more clearly and make better decisions with the challenges we face in life and in business.

### Causes for Alzheimer's

A concerning number of 401,300 people were diagnosed with Alzheimer's in 2022, in Australia and this number is projected to reach more than half a million by 2030. Alzheimer's is a disease which has become a global health crisis and the 6th leading cause of death.

An estimated 6.5 million Americans are living with Alzheimer's disease This is one of the biggest global health crises of the 21st Century

Research indicates that exposure to air pollutants, certain chemicals found in water and food, and even some lifestyle factors can all cause the development of Alzheimer's disease and contribute to the rapid rise of this illness.

Alzheimer's disease starts 30 to 40 years before showing the symptoms, so look after your brain NOW!

As the population continues to live longer, there is an increased risk of developing Alzheimer's disease. This is because the longer a person lives, the more time they have for Alzheimer's to manifest itself. It is important to be aware of the signs and symptoms of this disease, so that it can be diagnosed and treated as soon as possible. Early diagnosis and treatment can help slow down its progression and improve the quality of life for those affected by it. <sup>(7)</sup> **Weight and the Brain - When Size Matters**

Normal weight or overweight brain?

It is well established that obesity has a negative impact on physical health, but recent research has also shown that it can have a detrimental effect on cognitive function as well. Over 140 studies have demonstrated that as your weight goes up, the size and function of your brain goes down. This means that obesity can lead to decreased memory, slower reaction times and difficulty with problem solving. Additionally, it can increase the risk of developing dementia and other neurological disorders. <sup>(8)</sup> <sup>(9)</sup> <sup>(10)</sup>

So, in summary, as your weight goes up, the size and function of your brain goes down!

In overweight people with a BMI over 30, 8% will have less brain tissue and their brain will look 16 years older than healthy people <sup>(11)</sup>

Results from a cardiovascular health study have shown that obesity is also associated with a lower resting oxygen saturation. <sup>(12)</sup> Obviously less oxygen in the body is less oxygen to arteries, to the heart and to the brain!

### Your Brain Runs Your Life

The brain receives information from the outside world through our five senses and connects the messages in a way that has meaning for us, controls innumerable functions such as thoughts, memory, speech, movement of our limbs and our organs, and of course our basic life functions such as excretion, metabolism, reproduction etc.

**Success always starts with a good healthy brain.**

*Edua Potor*

Your brain functionality		
<b>Parietal Lobe</b>	Visual functions	Reading Understanding Language
<b>Occipital Lobe</b>	Vision	Light, colours, images
<b>Cerebellum</b>	Motor	Balance - coordination - movement
<b>Brain Stem</b>	Basic life functions	Excretion – metabolism - reproduction
<b>Temporal Lobe</b>	Memories	Tactile - sound
<b>Frontal Lobe</b>	Thinking	Problem solving, creative thinking, personality

### Your Behaviour Could Damage Your Brain

Your behaviour could be causing damage to your brain and it could be causing acceleration of the ageing process. Of course, the flip side of the coin is that your behaviour could also decelerate the speed of your ageing which is the most exciting part of what you have control over.

Unfortunately, food manufacturers and society keep trying to shove bad food down your throat.

This is why you need to create strong reasons to become and stay healthy.

Care about the health of your brain!

### The Brain Can Rejuvenate Itself

Brain scans have proven that the brain can rejuvenate itself.

The future of healthcare is shifting towards natural treatments and therapies, as opposed to the easy use of pharmaceuticals. This trend is driven by the increasing awareness of the potential side effects of pharmaceuticals, as well as the growing popularity of alternative treatments such as acupuncture, herbal remedies and homeopathy.

In less fortunate countries, people often have limited access to healthcare and medical treatments. This means that they must rely on natural methods to regain and maintain their health. These methods are often cheaper than traditional treatments but require more effort and dedication from the individual. Our reliance on quick fixes and medication has produced weaker beings and secondary side effects affecting the brain.

Next time you have a headache, rather than reaching for an aspirin, you may find that drinking a glass of water will alleviate the pressure. Your brain will thank you for it!

### Oxygen, Your Brain, and Ageing (or not)

Do you want significant increase in the quality of your life?

**Anything that decreases the flow of blood and oxygen to your brain, ages you. *Edua Potor***

Did you know that there are 100,000 miles of blood vessels in the brain? It makes it so much more obvious as to why keeping optimum blood flow and oxygen levels are crucial to a well-functioning brain!



Generally, poor blood flow and low oxygen levels to your brain will cause premature ageing and are often caused by lifestyle choices such as smoking, drinking alcohol, poor diet and not getting enough sleep. This includes being sedentary and exercising less than twice a week. <sup>(13)</sup>

**Change your brain, change your age.**

***Edua Potor***

### How to Increase Oxygen to your Brain

Even if you breathe “normally”, your brain may not be getting enough oxygen and in fact, the brain uses three times as much oxygen as muscles in the body do! <sup>(14)</sup>

Brain cells don't survive longer than 4 to 5 minutes without oxygen!

How can we ensure that we do not subject our brain to slow oxygen starvation over the years?

#### 1- Yoga

Studies have shown that yoga enhances pulmonary functions, especially the cobra pose which stretches your abdomen and strengthens around your shoulders, arms, and back muscles and opens your chest. It is easy to perform and provides myriad benefits.

Here is an easy description of this pose, courtesy of Yoga Journal: <sup>(15)</sup>

- Begin on your belly with your feet hip-distance apart and your hands beside your ribs

- Extend your big toes straight back and press down with all ten toenails to activate your quadriceps
- Rotate your inner thighs toward the ceiling to broaden the lower back
- Pressing down lightly with your hands, start to lift your head and chest, rolling your shoulders back and down
- Keep the back of your neck long and focus on lifting your sternum instead of lifting your chin
- Straighten your arms while keeping your shoulders remaining away from your ears. Keep at least a slight bend in your elbows
- To exit the pose, release back to your mat

#### 2- **Take short Walks** throughout the day.

5 to 10 minutes will increase blood circulation and positively impact on the brain.

#### 3- **Breathe through your nose**, engage the diaphragm in your abdomen which will result in bringing more oxygen to your blood.

#### 4- **Stand UP!** A study published by the Oxford University Press journal “Brain” reports that standing up activates cerebral circulation. <sup>(16) (17)</sup>

### Scientists and the Brain

Dr. Michael Colgan PH.D., a research scientist and leading sport nutritionist, runs The Colgan Institute of Nutritional Science. <sup>(18)</sup> He is one of the world's scientific experts on the inhibition of ageing with the effects of nutrition and exercise on athletic performance, prevention of chronic degenerative disease and prevention of degeneration of the brain and has written more than 50 scientific papers on nutrition. <sup>(19)</sup>

More importantly, he affirms that the quality of the protein you eat determines the quality of the proteins that compose all the muscles that move you and all the brain cells that operate your mind <sup>(20)</sup>

**Develop Brain envy 😊**

Dr. Daniel Amen

### Advice from Dr. Colgan

- High quality vitamin, high fish oil and brain enhancement supplements
- Vit D – to support heart health and help preventing depression, Alzheimer's and overweight
- Physical exercise at the rate of 45 min 4x week
- Lift weight 2x week
- Physical health = emotional health
- Building muscles to build testosterone because lack of testosterone is associated with memory problems, depression and ageing

### Summary and Important Tips for the Health of Your Brain

Don't put yourself at risk of injury. Remember that the skull is hard but brain is soft. Contact sports might not be brain friendly.

Make rational health choices with drugs and alcohol.

Be aware of your weight fluctuations (upwards); your weight affects your brain.

Address issues you may suffer from that cause insomnia – or sleep apnoea.

Keep the amount of caffeine and nicotine in check.

This will be challenging to some: if you don't use your phone, turn it off!

Get rid of sugar in your diet! Gentlemen, be aware that sugar lowers testosterone!

As always, food can be poison or food can be medicine.

Remember that your brain is involved in everything you do: How you think – feel – act – interact – plan – judge – make decisions.

Chronic stress: Who do you spend time with?

The health of the people you spend time with will impact on your longevity.

Be part of a supportive community.

Exercise your brain, stretch your brain: you want to learn new and different things.

Avoid brain fatigue, make one decision at a time - not thirty as it can impair your judgement.

Breathe deeper.

Practise meditation.

Thoughts are real - your brain can expand and has unlimited capacities to grow.

You can accelerate or decelerate the ageing process of your brain with what you eat!

Stop eating toxic food: eat only quality foods.

Remember that medical students are still getting less than 20 hours education about nutrition over 4 years. Don't solely depend on medical advice.

Edua Potor

It is predicted that brain scans will become as common as colonoscopy.

The neurofeedback system can generate amazing images from EEGs (Electroencephalography). Be the one who is proud to watch pictures of your beautiful brain.

## SUMMARY OF CHAPTER FIVE

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# CHAPTER SIX



## The Brain and Epigenetics Mitochondria – Psychiatry

***“If it is good for your brain, it is good for every part and function of your body.”***

Edua Potor



## Genus versus environment – The Science of Epigenetics

Epigenetics is a rapidly growing field of science which studies how environmental factors can influence gene expression. It has been found that genes can increase your risk of receptivity to an ailment. However, even if you have the genetic predisposition for a particular ailment, your lifestyle choices and environment can still play a role in whether you develop it. Several factors in the environment speak to your DNA and will turn genes on or off. When genes are turned on they are more active and when they are off they are silent. Your gene sequence can change your phenotype, which is the appearance and performance of the body. Healthy phenotype is called 'wild type': healthy, robust and disease resistant. BUT the environment can change this state of health into inflammation, sickness and disease. It also puts a mark on your DNA without changing its sequence. <sup>(1) (2) (3)</sup>

Our environment, including what we eat, the supplements we take, the exercise we do, the meditation we practice and our lifestyle choices all have an impact on our epigenetic expression.

Siobhán Dunphy, a PhD in regenerative medicine, explains in the European Scientist "Changes in DNA sequences can take millions of years to appear, whereas epigenetic changes happen much faster and can occur within one generation." <sup>(4)</sup>

Recent studies have shown that our genes "listen" to the environment in ways that can have a direct impact on our health

and behaviour. Our diets, lifestyle choices and even the air we breathe can influence how our genes express themselves. <sup>(5)</sup>

Research has shown that your environment can be up to 80% responsible for what happens to you and your health.

**This is probably one of the most exciting scientific discoveries of all; you are in control of 80% of your future!**

You can change the expression of your genes by changing your lifestyle, changing your diet, altering what you ingest.

In the animal kingdom there is a great example of this phenomenon in bees. The bees that are fed with royal jelly become queen bees - they all have the same genetic makeup, the same genome, but the ingestion of "supplements" make them become queen bees! <sup>(6) (7)</sup>

The queen bee only eats royal jelly resulting in extraordinary longevity as she can live approximately forty times longer than a worker bee!

Moreover, royal jelly increases blood flow by more than 100 times compared to honey, so it improves metabolism and may improve biological resistance and immunity. <sup>(7)</sup>

This striking illustration of epigenetics effects was not lost on ancient Greeks who were the first to describe royal jelly as part of the nectar of the gods.

### You Can Control Your Cells' Environment

What are those environmental factors and which ones can you control?

Eating a balanced diet is essential for our bodies to function properly. Food provides us with the vitamins, minerals, essential fats and antioxidants that our cells need to stay healthy and alive. These nutrients, eaten from a variety of foods from all groups, are necessary for our bodies to remain healthy and to maintain energy levels throughout the day.

Conversely, if the quality or type of food eaten is not wholesome or not optimised, our body will not be provided with the required building blocks and the chemistry provided will not be supportive to health. Molecules will not be offered what they need and this leads to the foundation of chronic disease.

There are several major factors that can have a negative impact on our brain health, which is essential for our overall wellbeing, yet many of us are unaware of the major obstacles that can prevent us from achieving it. The most important and specific culprits eroding our brain health are sugar, gluten, toxins and lack of physical activity.

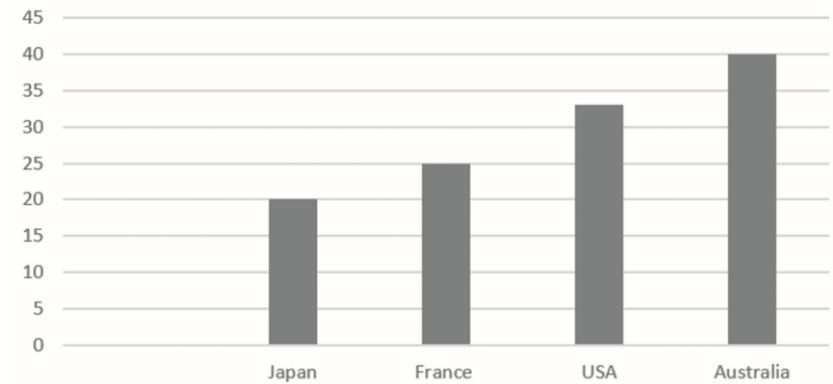
### Major Obstacle 1 – Sugar

- In 1700, we ate less than 5 kg of sugar/year
- In 2000, we ate 70 kg of sugar a year
- All this sugar is interfering with providing the building blocks of a healthy life
- Sugar also speaks to your DNA, turning genes on or off, shifting a healthy phenotype into a sickly one
- Sugar increases the risk for high blood pressure, obesity, diabetes, heart disease, neurological problems, autoimmunity and cancer
- Australians have become the highest sugar consumers in the world!

### Major Obstacle 2 - Gluten

For those who are genetically vulnerable, food can be a source of serious health problems. One such problem is the abnormal elevation of immune cells and increased inflammation caused by gluten. Gluten is a protein found in wheat, barley and rye that can cause an autoimmune reaction in some people. This reaction can lead to digestive issues, fatigue, joint pain and brain fog. <sup>(8)</sup>

Average consumption of sugar per year, per person in Kilograms



Published by "Food and Agriculture Organization of the United States" in 2015

US Sugar Consumption, 1822 - 2005



Published in "Australian Business Insider" in 2013

Gluten has been linked to neurological problems, mental health issues and autoimmunity disorders. In some cases it can even switch the wild phenotype into a sickly one. <sup>(9)</sup> This means that people who are genetically predisposed to certain diseases may be more likely to develop them if they consume gluten-rich foods.

### Major Obstacle 3 - Toxins

Since the end of World War Two, the world has seen an unprecedented increase in the number of chemicals registered for use. In total, over 80,000 different chemicals have been registered and are now used in a variety of industries and applications. This has had a profound effect on our environment and our health, as many of these chemicals have been found to be hazardous to both humans and animals.

Recent studies have revealed that 200 synthetic compounds are present in the umbilical cord blood of newborns and in the breast milk of their mothers! These compounds, which are not naturally occurring, can be found in everyday products such as plastics, cosmetics and food packaging.

### Epigenetics – Reprogram Your Future!

The premise of epigenetics states that our diet can influence how our genes are expressed. Eating a balanced wholesome diet full of nutrient-rich foods is essential to maintain optimal health and prevent disease. It is critical for providing us with the energy we need to live life to its fullest, allowing us to be more productive and creative for longer.

Dr. Dave Woynarowski, one of the world's top anti-ageing specialist, is author of a book on telomeres called "The Immortality Edge". <sup>(10)(11)</sup> His book is based on Nobel Prize-winning genetic research; a simple plan to keep your telomeres healthy for better health and longevity.

Together with his understanding of the principles of epigenetics, Dr. Dave recommends the following:

- Reduce omega-6 intake to reduce inflammation
- Increase omega-3 (Fish Oil) to help your body heal itself and reduce inflammation
- Moderately intense exercise 30 mins five times/week
- Meditate 20 mins/day; this will rebalance Para/sympathetic outflow
- Sleep quality: at least 7 hours to rebalance your hormones naturally
- Eat an organic plant-based diet with inclusion of grass-fed meat, free range chicken, wild fish
- Look after your skin, the largest organ of your body

It is worth pointing out that just as Dr. Dave puts anti-inflammation on top of his list, so do many health specialists. Even though inflammation is a natural response of the body to protect itself from injury or infection, it is when it becomes chronic that it presents a real problem, leading to a variety of health issues and age-related illnesses.

The three most serious health threats associated with inflammation are Heart Disease, Cancer and Dementia.

Dr. Barry Sears' book "The Anti-inflammation Zone" denounces the dangers of the silent epidemic that is destroying our health. <sup>(12)</sup>

One of the easiest ways to reverse inflammation within 30 days is to adhere to an anti-inflammation diet.

If you want to think better, perform better, look better and feel better, then it's important to make sure that you are eating the right foods. This list of anti-Inflammation foods will help you to do just that!

## The Brain and Mitochondria

### The Importance of Well-Functioning Mitochondria for a Healthy Brain

Mitochondria are the most important organelles inside the cells and the prime source and manager of energy supply for each cell. By promoting optimum mitochondrial health, we are supporting superior functioning of every cell and system in our body and keep our brain healthy and sharp.

When it is not working well, it can lead to several neurological diseases such as Huntington's disease, Parkinson's disease and Alzheimer's disease but this mitochondrial shrinking can be halted with Fish Oil, Creatine and Co-enzyme Q10. <sup>(13)</sup>

## 90 Anti inflammation foods A-Z chart

Alfalfa	Bok choy	Cherries	Green Cabbage	Onion	Shiitake mushrooms
Alfalfa grass	Broccoli	Chives	Green Tea	Oranges	Seaweed
Almonds	Brussel Sprouts	Cilantro	Horseradish root	Oregano	Sesame seeds
Almond butter	Buckwheat	Coconut – fresh	Jicama	Papaya	Spelt
Apple cider vinegar	Cabbage	Cucumber	Kale	Parsnips	Spinach
Artichoke	Cantaloupe	Cumin seeds	Kamut	Peas – fresh	Sprouted seeds
Asparagus	Caraway seeds	Egg plant	Kelp	Pineapple	Squash

Avocado	Carrots	Endives	Leeks	Pumpkin	Sweet potatoes
Barley grass	Cauliflower	Fennel	Lemon - fresh	Quinoa	Tomatoes
Basil	Cayenne Pepper	Fennel seeds	Lentils	Red beets – fresh	Turmeric
Bee pollen	Cinnamon	Flaxseed	Lettuce	Red Cabbage	Turnip
Bell peppers	Curry Powder	Figs	Limes – fresh	Red radish	Wheatgrass
Black Beans	Broccoli	Garlic - fresh	Mustard greens	Salmon-wild	White radish
Black radish	Brussel Sprouts	Ginger - fresh	Navy beans	Savoy cabbage	Yam
Blueberries	Cherries	Grapefruit pink & red	Oats	Sea Vegies	Zucchini



How does it work?

Myelin is an essential component of the nervous system, acting as an insulation sheet around the axon of a neuron. It plays a vital role in proper functioning of the nervous system by allowing electrical signals to travel quickly and efficiently between neurons. Myelin also helps to increase the speed at which signals travel along axons, allowing for faster communication between neurons, helps protect neurons from damage and helps them regenerate after injury. As such, it is essential for proper functioning of the nervous system and for maintaining healthy brain function.

A synapse, also known as a neuronal junction, serves as the point where electric nerve impulses are transmitted between two nerve cells (neurons) or from one neuron to another. Rather than being characterized as a process, a synapse represents a critical location for the transmission of these impulses. This synaptic connection forms the foundation for inter-neuronal communication, enabling essential functions such as cognition, movement, emotions, as well as the processes of learning and memory formation.

Neurotransmitters are chemicals that transmit signals across a synapse from one neuron (brain cell) to another 'target' neuron. To ensure that the brain can produce enough neurotransmitters, it needs certain nutrients such as sulphur, B6 and antioxidants.

Recent research in brain cell biology is providing substantial evidence that mitochondria, the powerhouses of the cell, are a major source (90-95%) of free radicals within the cell.

Mitochondria help turn the energy we take from food into energy that the cell can use. It appears that several agents have shown to be beneficial in protecting neurons, such as Vits B1 (thymine), B9 (Folate) B12 (Cobalt), omega-3 Fatty Acids, Iodine, Coenzyme Q10. <sup>(14)</sup>

It is important to maintain a high level of nutrition and a balanced lifestyle to provide the necessary nutrients for optimal mitochondrial functioning. Additionally, caloric restriction has been shown to be an effective way to improve mitochondrial health and function. <sup>(15)</sup>

### A Story of Brain Redemption

Dr. Terry Wahls is a professor of medicine at the University of Iowa who, through her own personal experience with MS, has developed a diet and lifestyle program that has helped her beat the disease. <sup>(16)</sup> Her story is an inspiring example of how we can take control of our health and make positive changes in our lives. With brain nutrition she was able to move out of her wheelchair to get walking again and even took up cycling. With her new diet and lifestyle change, she resolved her fatigue, eliminated pain, improved her mood, normalised her blood pressure and her blood sugar, lost weight and her declining need for medication soon became zero. She was able to achieve all this within the span of one year!

Dr. Wahls' philosophy is very much based on looking for the root of the problems and not just the symptoms and how a nutrient rich diet can reverse MS and other ailments.

Her research looked at the causes of other brain diseases such as Alzheimer's, Parkinson's, ALS and Huntington's.

Here is the important connection of her discovery with the significance of the function of the mitochondria which stop

working in each disease, leading to brain cell death and brain shrinkage! <sup>(17)</sup>

**“A healthy brain is the foundation of a well-lived life.”**

Unknown

### Food Plan for Mitochondria and your Brain Nutrition

Dr. Wahls' protocol suggests foods fall within 3 groups that are necessary to stimulate enzymes for the processing and elimination of toxins.

I have added some research-based data related to mitochondria health support.

#### 1- Vegetable kingdom - Daily

The plant kingdom is by far the largest one to consider first.

- 3 cups of green leaves:  
Kale is one of the greens that has the most nutrition per calorie than any other plant.

It also lowers the risk of cataracts and macular degeneration, is a natural toxin removal and a powerful brain booster. <sup>(18)</sup>

- 3 cups of bright coloured antioxidants from: Vegetables: carrots, beets, peppers

Fruits: berries, peaches, oranges

- 3 cups of sulphur-rich vegetables:  
Cabbage family is rich in sulphur – cabbage, broccoli, cauliflower, kale, radishes.

Onion family, rich in sulphur: onion, garlic, leeks, chives, shallots.

Mushrooms are also rich in sulphur and so are asparagus.

The brain and the mitochondria need sulphur.

Your liver and kidneys need sulphur to remove toxins from your blood stream.

#### 2- Animal Kingdom - Weekly

Eating organic grass-fed meat is recommended for its health benefits. Organic meat is free from antibiotics and hormones and is produced in a way that respects animal welfare. Grassfed animals are also healthier than those fed on grain. Eating organic grass-fed meat can help you to maintain a healthy lifestyle while also supporting sustainable farming practices. Organ meats like liver are suggested to be incredibly nutritious and healthy. <sup>(19)</sup>

#### 3- Ocean Kingdom - Weekly

Wild Fish for omega-3 fatty acids and seaweed are two of the most important sources of iodine and selenium in our diets. Iodine is essential for proper thyroid function, and it can also help to remove toxins and eliminate lead and mercury (heavy metals) from our bodies. Iodine lowers risk of breast cancer and prostate cancer. **Supplements for Mitochondria Health**

Dr. Wahls' recommendations:

- Vitamin A: for immune system
- Vitamins B6 and B12: will protect your brain and mitochondria
- Vitamin C: protects your immune cells

- Vitamin K: keeps blood vessels and bones healthy
- C.K: blood vessels and bones healthy minerals
- Minerals are co-factors for 100s of different enzymes in your body.

Diets recommended by health organizations and professionals can be confusing and an analysis of 70 diet plans created to improve nutrient intake suggests that you would need to consume more than 18,000 calories per day to ensure an adequate intake of all essential micronutrients! <sup>(20)</sup>

Using a high-quality comprehensive vitamin and mineral formula is a powerful way to cover your nutritional bases and correct common nutritional deficiencies that frequently contribute to mitochondrial dysfunction, fatigue and poor health. <sup>(21)</sup>

So, out of a very long list of supplements for mitochondrial health, <sup>(21)</sup> here are a few handpicked for you to consider:

- Acetyl-L-carnitine (ALCAR) - the “mitochondrial rejuvenator”
- Riboflavin
- Creatine: cellular growth and repair
- Taurine: protein synthesis
- N-Acetyl-Cysteine (NAC): increasing glutathione concentrations and preserves cellular health
- D-Ribose: cellular energy production
- Panax Ginseng: protect mitochondria from oxidative damage and improve energy production
- Co-enzyme Q10: essential antioxidant
- Green Tea

- Quercetin: bioflavonoid found in many fruits and vegetables, particularly onions and apples. Potent antioxidant and anti-inflammatory
- Resveratrol: phytochemical found primarily in grape skins and wine
- Pomegranates: reduce blood lipid oxidation and the accumulation of plaque in arteries
- Spirulina: powerful superfood for heart, liver, intestines, and mitochondrial health
- Chlorella: carotenoids, antioxidants, and enzymes to create energy, minimize oxidative stress and neutralize toxicants
- Niacin: Increases NAD
- Glucosamine: powerful longevity supplement
- Calcium AKG: necessary for the electron transport chain to produce cellular energy. (Reduce your biological age by 8 years!)

### Foods to Avoid

Be aware of grains, potatoes, and dairy. They create a wide variety of health problems: eczema, asthma, infertility, irritable bowel, fibromyalgia, chronic fatigue, arthritis, chronic headache, neurological complications and behavioural issues.

**20 Superfoods for Your Brain and Mitochondria**

Nuts/Fruits/Spices/Herbs	Vegetables/Oils/Animal produce Sulphur/drink
Almonds	Kale
Cashew Nuts	Sweet Potato
Walnuts	Coconut Oil
Dark Chocolate	Olive Oil
Coffee	Turkey
Avocado	Eggs
Apple	Salmon
Blueberries	Shirataki Noodle (Yam) (miracle noodle)
Cinnamon	Onion or cabbage or broccoli
Oregano	Green Tea

**The Brain and Psychiatry:  
Lack of Nutrients Causing Brain Damage**

Psychiatrist Dr. Drew Ramsey discusses how poor diets and a lack of nutrients have harmed our brains, causing anxiety and depression and why a client who visits him now for problems with her love life might just leave his office with a bunch of kale! <sup>(22)</sup>

His best-seller Books: “The Happiness Diet” and “Fifty Shades of Kale” are expounding the virtues of the right kind of nutrition supporting brain health. <sup>(23)</sup>

The scary truth which has been observed in Dr. Ramsey’s clinic is that the modern brain is shrinking!

Conversely, if we pay attention to specific nutrient rich foods, our brain grows.

Our lifestyle creates a state of inflammation in the brain. It seems that several patients who struggle with resistant depression are also struggling with chronic inflammation. There is also data showing that if you add an anti-inflammatory onto antidepressant treatments you can double the efficacy of how well that antidepressant works. This begs the question: “Do depressed people have inflamed brains?”

Science is finally making the connection between food and health of the brain, where brain health and body health are inextricably tied together.

Nutritional Psychiatry is relatively new but making rapid inroads into psychiatric clinics. <sup>(24)</sup>

The interest in Neuro-Inflammation has engendered a new science about brain health: BDNF – “Brain-derived-neurotrophic-factor” which is focused on helping brain cells to regenerate themselves.

Data suggests that BDNF increases with a healthy diet. <sup>(25)</sup>

**The New Science of Nutritional Psychiatry**

**Brain food prescription as recommended by Dr. Drew Ramsay <sup>(26) (27)</sup>**

- Zinc. Magnesium, omega-3 fats (building blocks of the cells of the brain)
- Magnesium in kale and dark chocolate
- Vit B12: Curry curcumin, green tea, onion, dark chocolate
- Vit E: Almonds

- Vit B and folate, to make serotonin and dopamine: red bean and lentils: top antioxidant foods and source of folate
- Nutrient density is most important – ex: Zinc: pumpkin seeds, oysters – 6x oysters cover 500% of nutrient daily needs
- Long chain omega fats in wild salmon, anchovies, oysters, clams, mussels • Iron: Your IQ can go up by 13 %
- **Superfood Kale:**

Kale helps build healthy bacteria and your gut is in constant contact with your brain.

Kale is also a nutrient dense food: it has Vit K. One cup of raw kale = 204% of vit A recommended dose! Half cup of kale contains 33 calories and provides 608% of the daily recommended intake of vitamin K, which is an essential fatsoluble vitamin necessary for maintaining a healthy brain.”

Kale offers the equivalent of 134% Vit c = 100s of phytonutrients and is a more absorbable calcium than a glass of milk.

## Best Nootropics and Superfoods for Brain Health

What if ingesting a supplement or herb could increase your cognitive abilities and help you think better? This is the promise of nootropics, or “smart drugs”, which are becoming increasingly popular as executives are looking for ways to improve their mental performance. There is much information available on various sites and in many publications. The best summary for these amazing nootropics has been published by Ari Whitten M.S. He is a natural health expert who takes an evidence-based approach to human energy optimization and has some powerful recommendations in his published research “The Energy Blueprint”.<sup>(28)</sup>

These supplements work through a variety of mechanisms, such as increasing blood flow to the brain, providing essential nutrients, improving neurotransmitter function, reducing inflammation in the brain and providing antioxidant protection. By taking some of these supplements, super herbs and superfoods regularly, you can help your brain stay healthy and functioning at optimum level. Here are a few suggestions for you to choose from that offer simplicity, availability and ease of use when incorporating them into your diet.

<sup>(29)</sup>

### List for Best Nootropics and Superfoods for Brain Health

- **Rhodiola Rosea:** enhancing mental performance and resilience to stress
- **Lion's Mane Powder:** Medicinal Mushroom; cognitive-enhancing, neuroprotective and mood stabilizing properties
- **Vitamin E:** significantly increases concentration and prevents brain damage and neurotoxicity
- **Magnesium:** essential for mitochondrial health and required for optimal nerve transmission and protection against neurotoxicity
- **Brahmi – (Bacopa Monnieri):** traditionally used in Ayurvedic medicine for the enhancement of memory and cognition, as well as a general brain tonic
- **Ginkgo Biloba:** Herb: neuroprotective, antioxidant, preserves brain receptors from ageing, counteracts cognitive impairment, enhances neuronal plasticity and improves memory
- **Coffee:** powerful antioxidant compounds that benefit our brain
- **Yuan Zhi (Polygala Tenuifolia):** used in traditional Chinese medicine – Root; for depression and used to improve memory and combat forgetfulness with ageing
- **Ashwagandha - (Withania Somnifera):** evergreen shrub known as Indian Ginseng: revered in Ayurvedic medicine for its physical and mental enhancing effects; increases a person's resilience to stress and helps reduce anxiety
- **Dopamine Boosters:** 2 recommendations: Mucuna Pruriens = Velvet Bean and Tyrosine.
- **Acetylcholine Boosters:** involved in regulating muscle contractions of the heart, blood vessels, and skeletal muscle, as well as the ability to learn and remember. Three recommendations: Alpha-GPC: improves cognition - CDP-choline: for memory enhancement - Huperzine-A: for cognition improvement
- **GABA Boosters:** to reduce distraction in the brain
- **Serotonin Boosters:** Serotonin modulates mood, perception, reward, anger, aggression, appetite, memory and attention. Two recommendations: 5-HTP for mood enhancement and Saffron, a medicinal and culinary spice. Ancient Persians used saffron to treat depression and modern research has since supported this use with additional antioxidant benefits and neuroinflammation reduction

**“In modern times, Lion's Mane has become famed for its nootropic effects, aiding the brain's plasticity and capacity to function, as well as supporting nervous system regulation.”**

Mason Tailor and Madison Crothers – Superfeast

### Food for Thoughts

- Your brain consumes 20/30% of the calories you consume
- Your brain requires the most resources above any other organ
- Human brain is the hungriest organ in your body
- It is electric!
- Human brain can grow
- Your brain is the organ of connection
- Your brain is a Universe of possibilities inside you
- Healthy brain sleeps better, learns better, smiles more, finds love and falls in love



**SUMMARY OF CHAPTER SIX****The Brain and Epigenetics - Mitochondria -Psychiatry**

- The Brain and Epigenetics – Mitochondria - Psychiatry
  - The science of epigenetics - Genus versus the environment
  - You can control your cells environment
  - Major obstacle 1 - Sugar
  - Major obstacle 2 – Gluten
  - Major obstacle 3 - Toxins
  - Reprogram your future with epigenetics with the world's top anti-ageing specialist
  - 90 Anti inflammation foods A-Z chart
- The Brain and Mitochondria
  - Importance of the mitochondria for the brain
  - A story of brain redemption
  - Food plan for mitochondria and your brain
- Vegetable Kingdom - daily
- Animal Kingdom – weekly
- Ocean Kingdom - Weekly
  - Supplements for Mitochondria Health
  - Foods to avoid
  - 20 Superfoods for your brain and mitochondria
- The brain and Psychiatry: Lack of Nutrients causing brain damage.
  - The new science of Nutritional Psychiatry
- Best Nootropics and Superfoods for Brain Health
- Food for thoughts





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