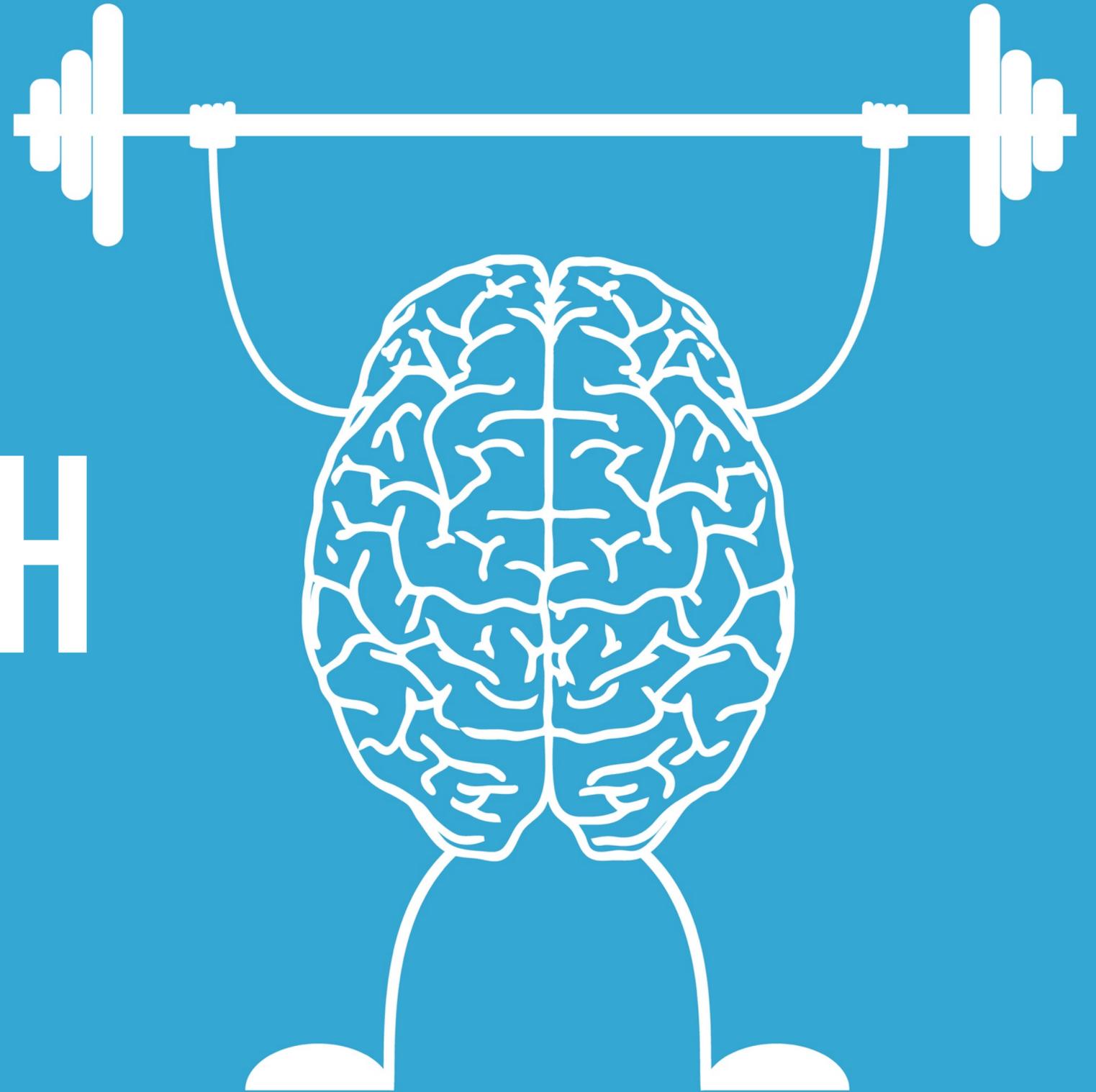


*The*

**BRAIN HEALTH**

**WORKSHOP**



# LAST WEEK

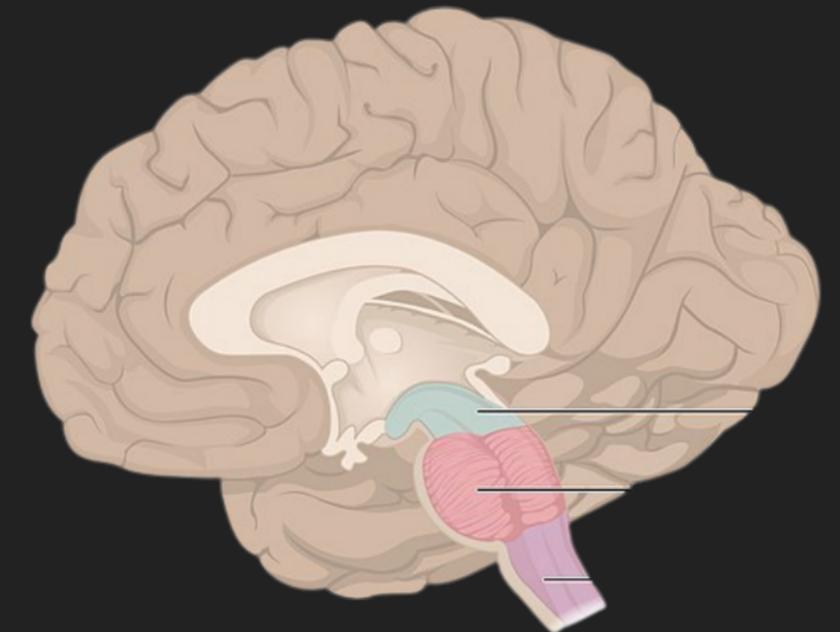
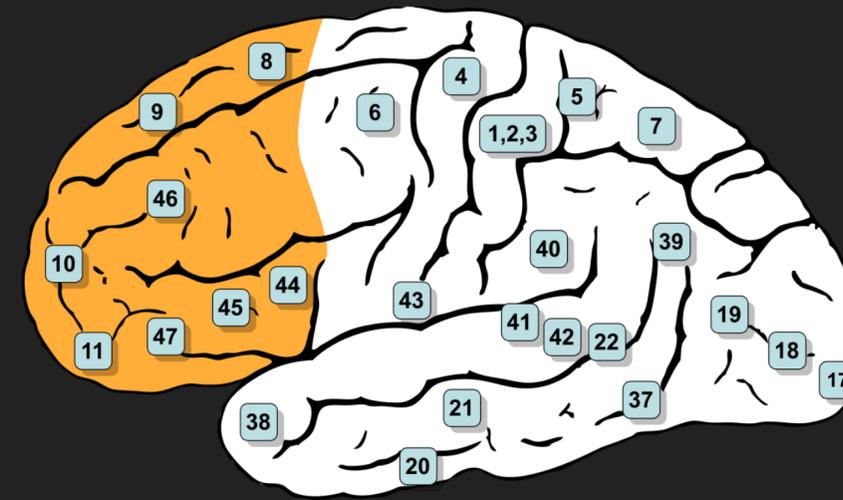
- ▶ **VIP Tour of Your Brain**

- ▶ **Prefrontal Cortex**

- ▶ **Hippocampus**

- ▶ **Brainstem**

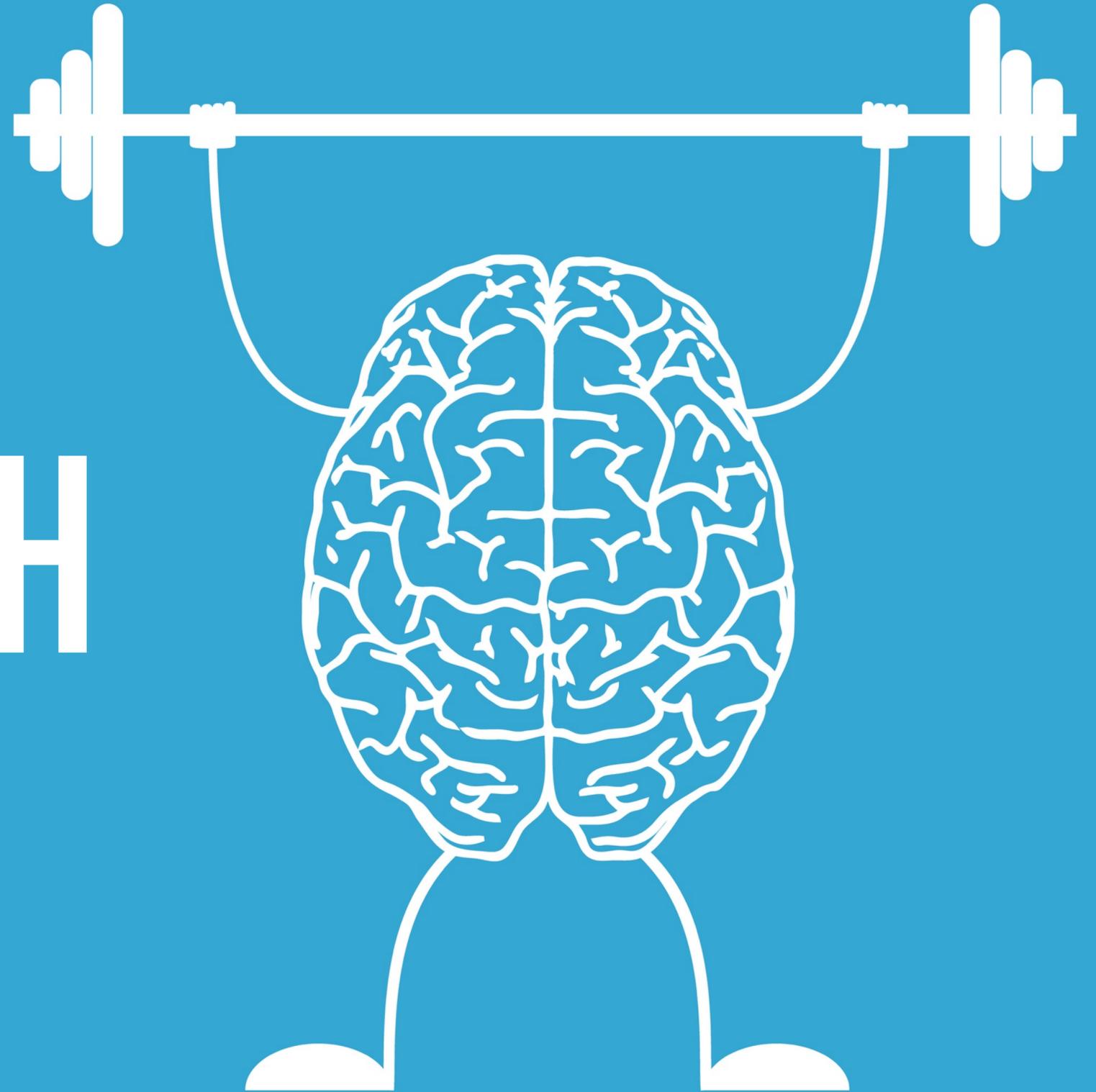
- ▶ **Brain Training Exercises**



*The*

**BRAIN HEALTH**

**WORKSHOP**



# THIS WEEK

- ▶ **Key Concepts**
- ▶ **Microglia Deep Dive**
- ▶ **How to Stop Brain Inflammation**
- ▶ **Top 10 foods to eat & avoid**

## TODAY'S AGENDA

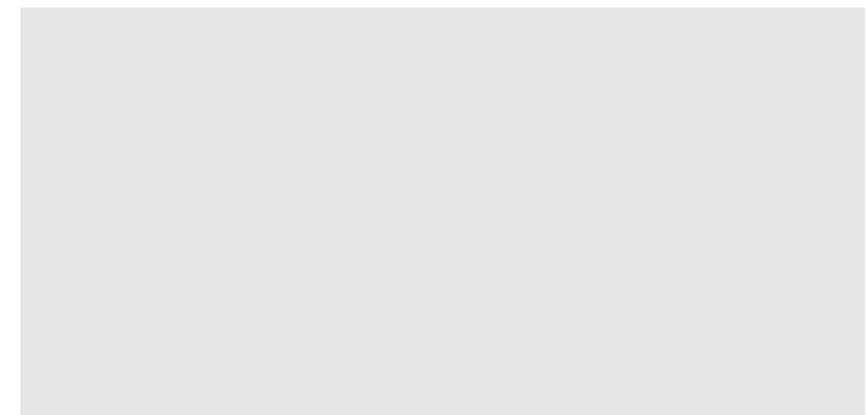
### Daily Tasks



### Schedule for Today



### Inspirational Quote



**Any information in this workshop is provided for educational purposes only and is not intended to diagnose, treat, cure, or prevent any specific diseases or medical conditions.**

**You should always speak with your physician or other healthcare professional before taking any nutritional, herbal, or homeopathic supplement or adopting any treatment for a health problem.**

**Information and statements regarding dietary supplements, have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat cure or prevent any disease.**

**For a full Disclaimer, go to [brainsave.com](http://brainsave.com)**



# KEY CONCEPTS



**EXPERIENCE  
DEPENDENT  
NEUROPLASTICITY**

A 3D rendering of a human brain, shown in a light pinkish-white color, is the central focus. It is surrounded by intense, swirling flames in shades of orange, yellow, and red, set against a dark background. The flames appear to be rising from and engulfing the brain, creating a dramatic and intense visual effect. The brain's gyri and sulci are clearly visible, and the overall composition is highly detailed and visually striking.

# NEURO- INFLAMMATION

# INFLAMMATION

- ▶ **Part of the brain and body's natural healing response**
- ▶ **Necessary for healing**



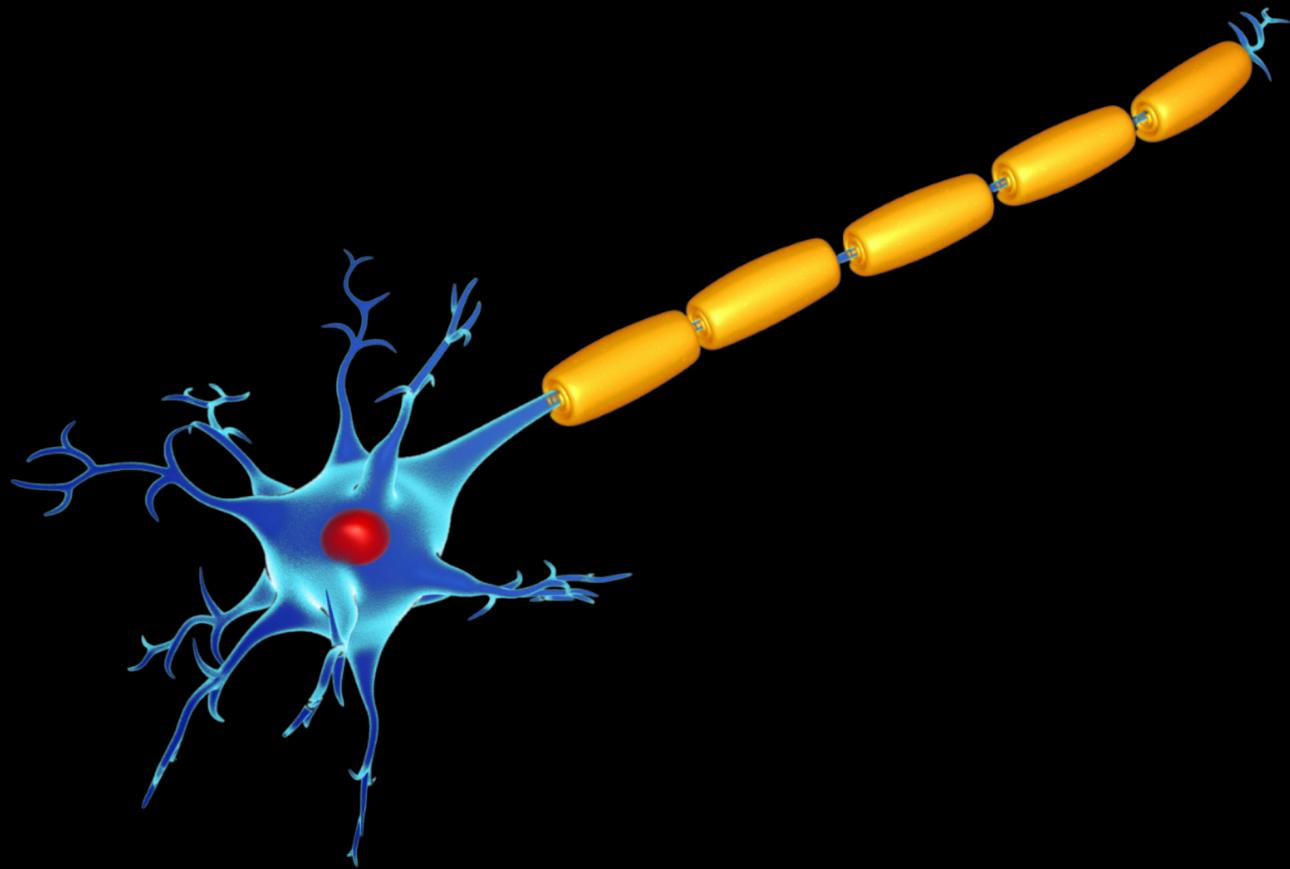
# BRAIN SYMPTOMS

- **Brain fog**
- **Memory problems**
- **Cognitive decline**
- **Brain fatigue**
- **Anxiety & Depression**
- **Balance issues/vertigo**
- **Chronic Stress**
- **Concussion**
- **Insomnia**
- **Chronic pain/headaches/migraines**
- **Other brain symptoms**

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**DOES ANY OF THIS SOUND LIKE YOU?**

# BRAIN CELLS



**NEURONS**



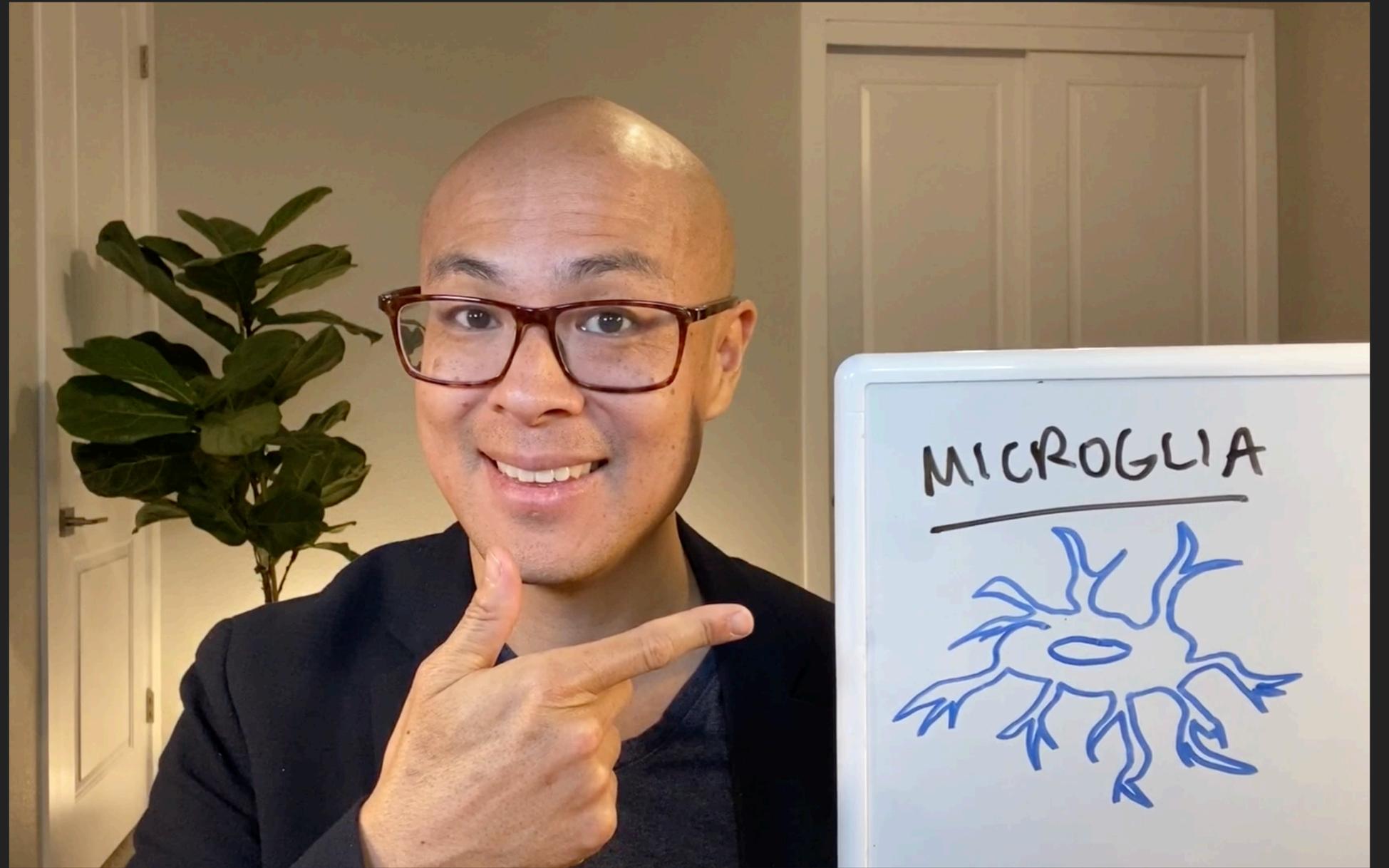
**GLIAL CELLS**

# MICROGLIA



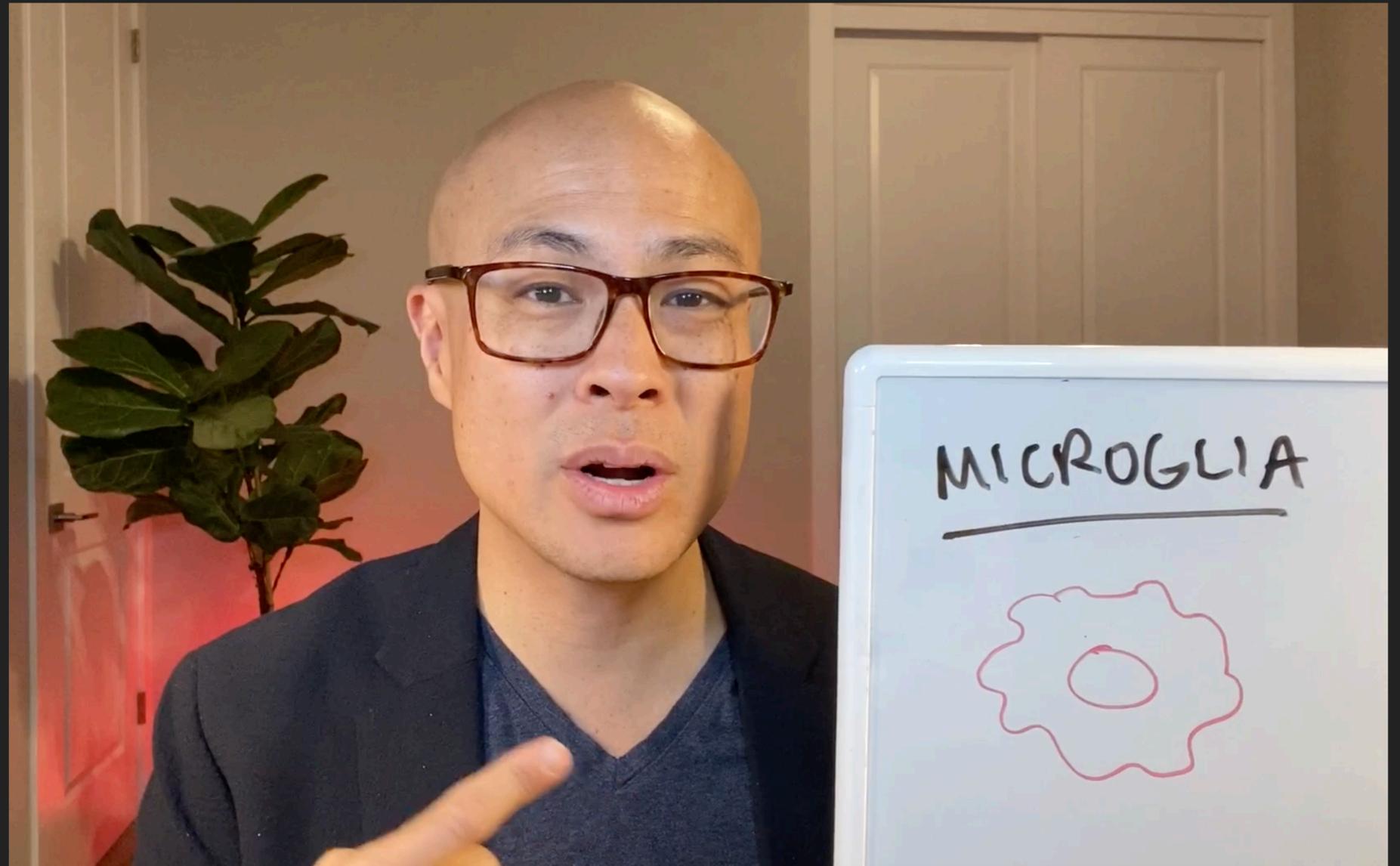
# STEADY STATE MICROGLIA

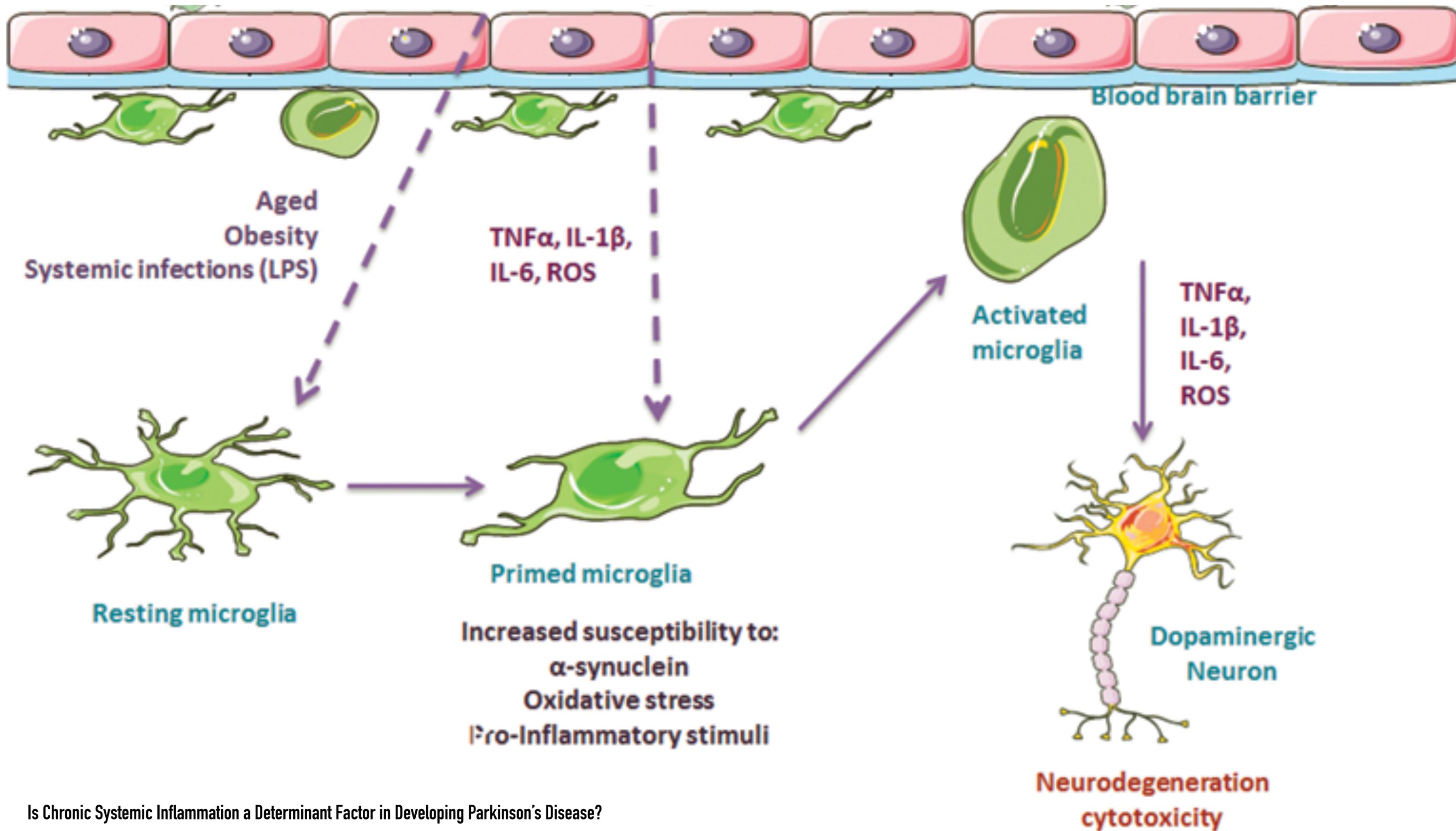
- ▶ **“Nurturer”**
- ▶ **Clean-up**
- ▶ **Protection**



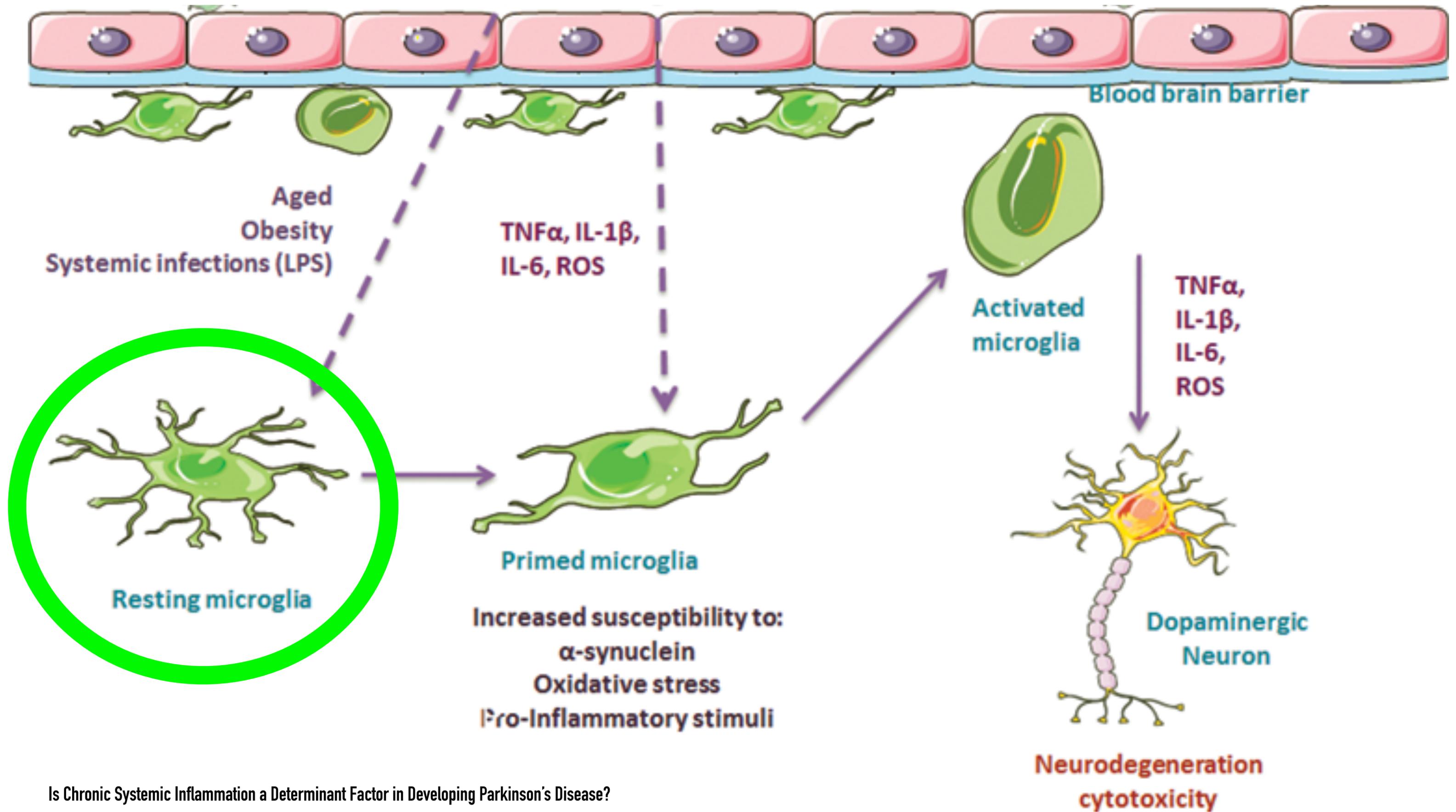
# PRIMED + ACTIVATED MICROGLIA

- ▶ **“Warrior”**
- ▶ **Tissue damage**
- ▶ **Neuroinflammation**
- ▶ **Sickness behavior**

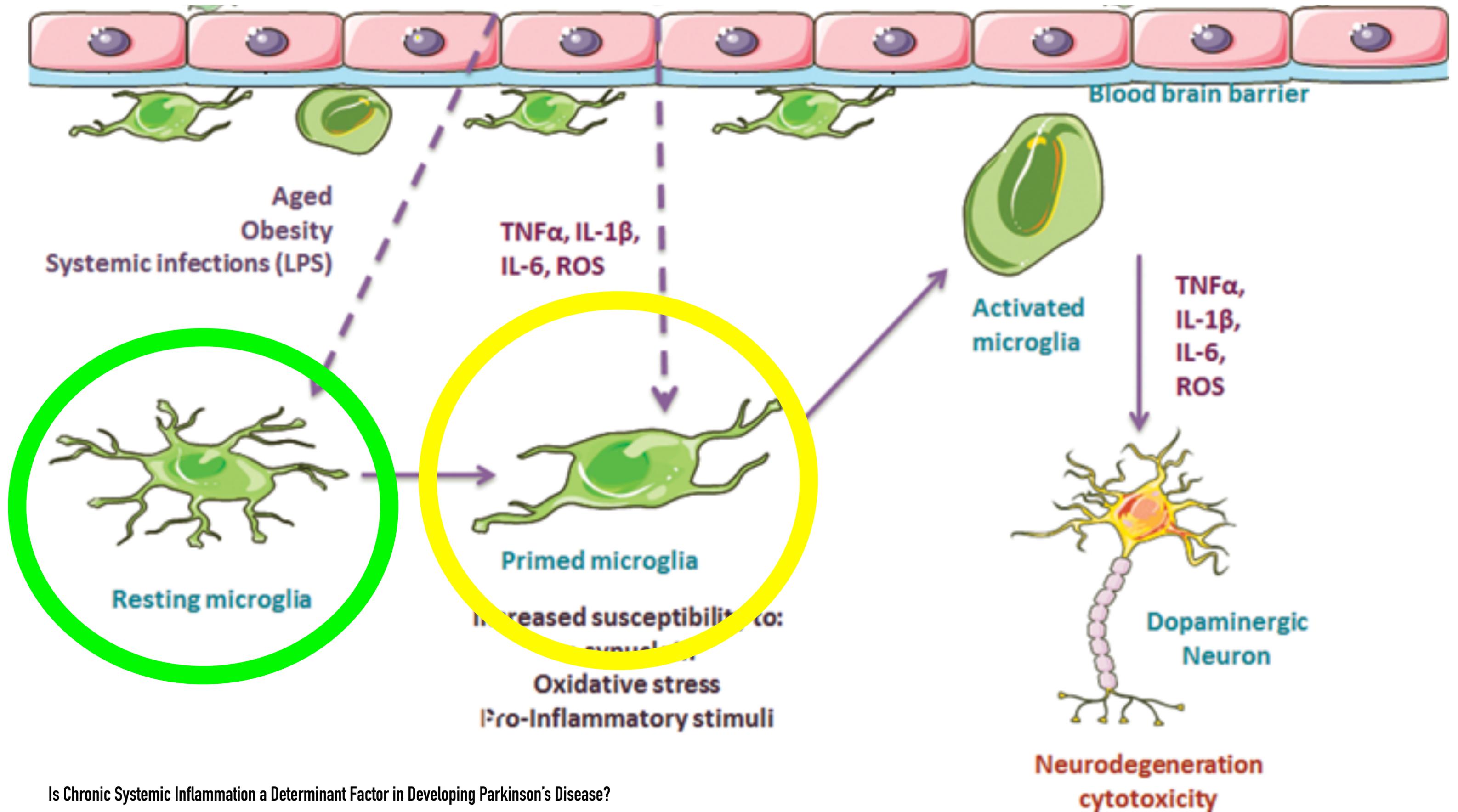




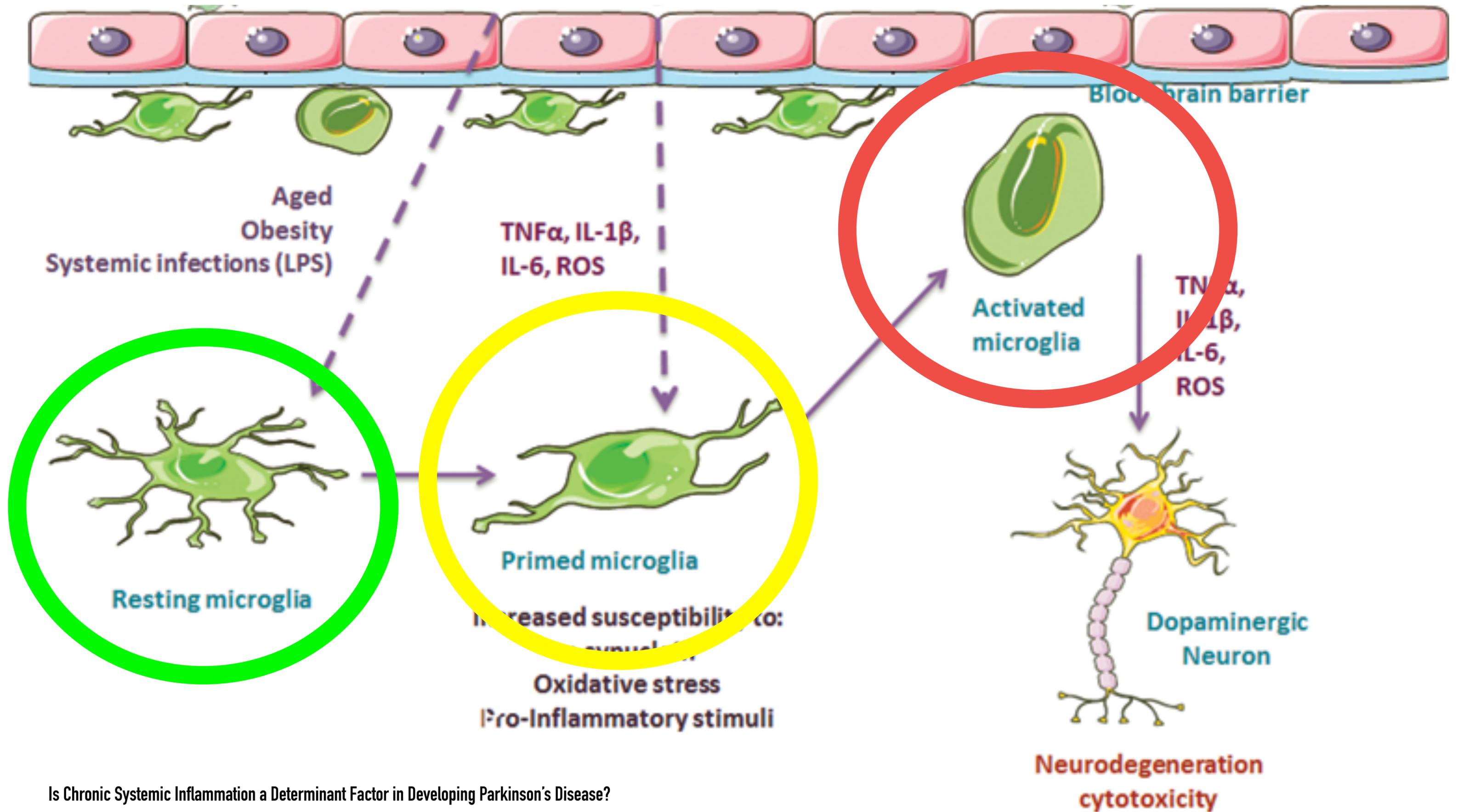
Is Chronic Systemic Inflammation a Determinant Factor in Developing Parkinson's Disease?



Is Chronic Systemic Inflammation a Determinant Factor in Developing Parkinson's Disease?



Is Chronic Systemic Inflammation a Determinant Factor in Developing Parkinson's Disease?



Is Chronic Systemic Inflammation a Determinant Factor in Developing Parkinson's Disease?

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# NEUROINFLAMMATION

- ▶ **Slowing of nerve conduction velocity**
- ▶ **Decreased ATP production**

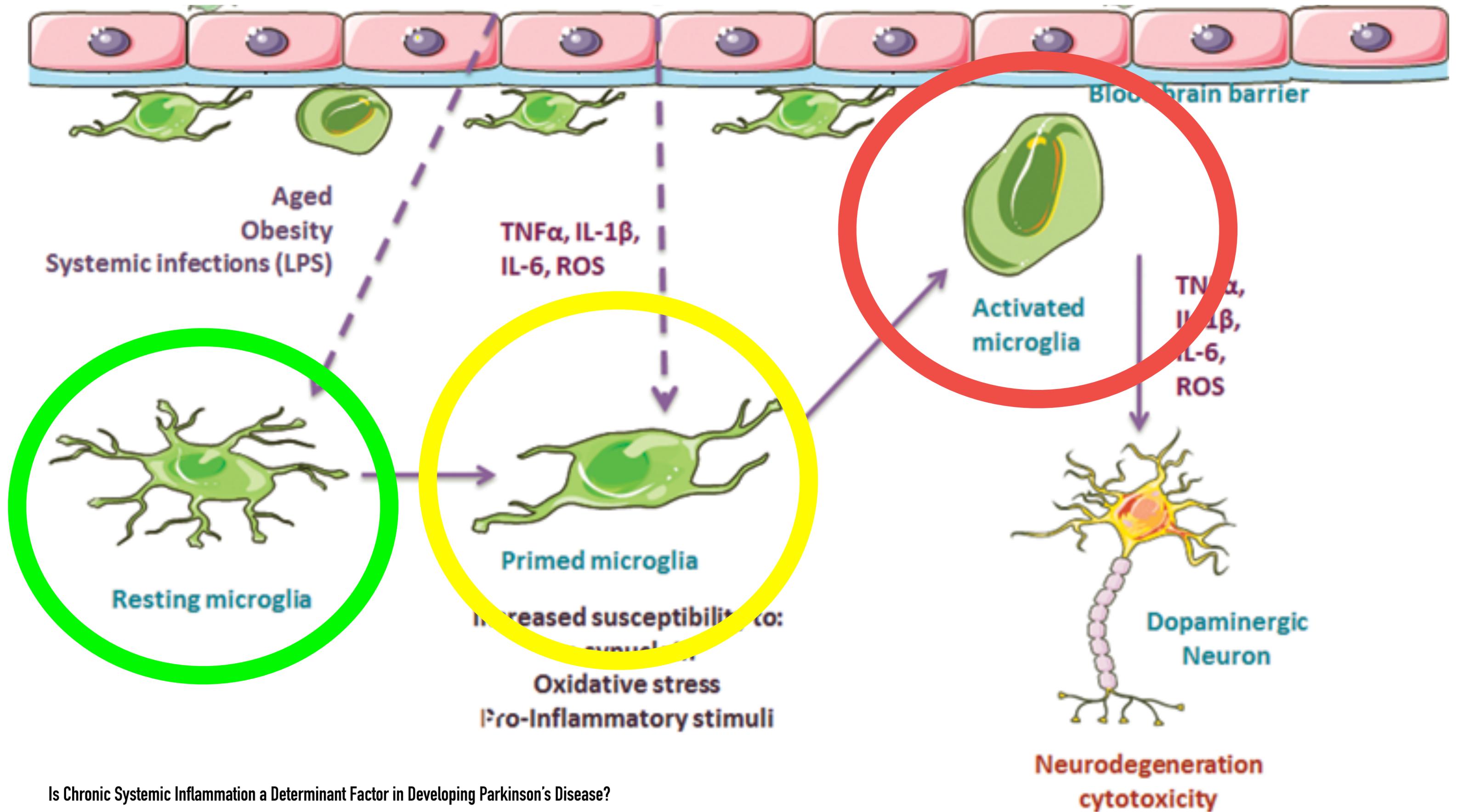


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**WHAT'S A POOR BRAIN TO DO???**

**STOP BRAIN**

**INFLAMMATION**



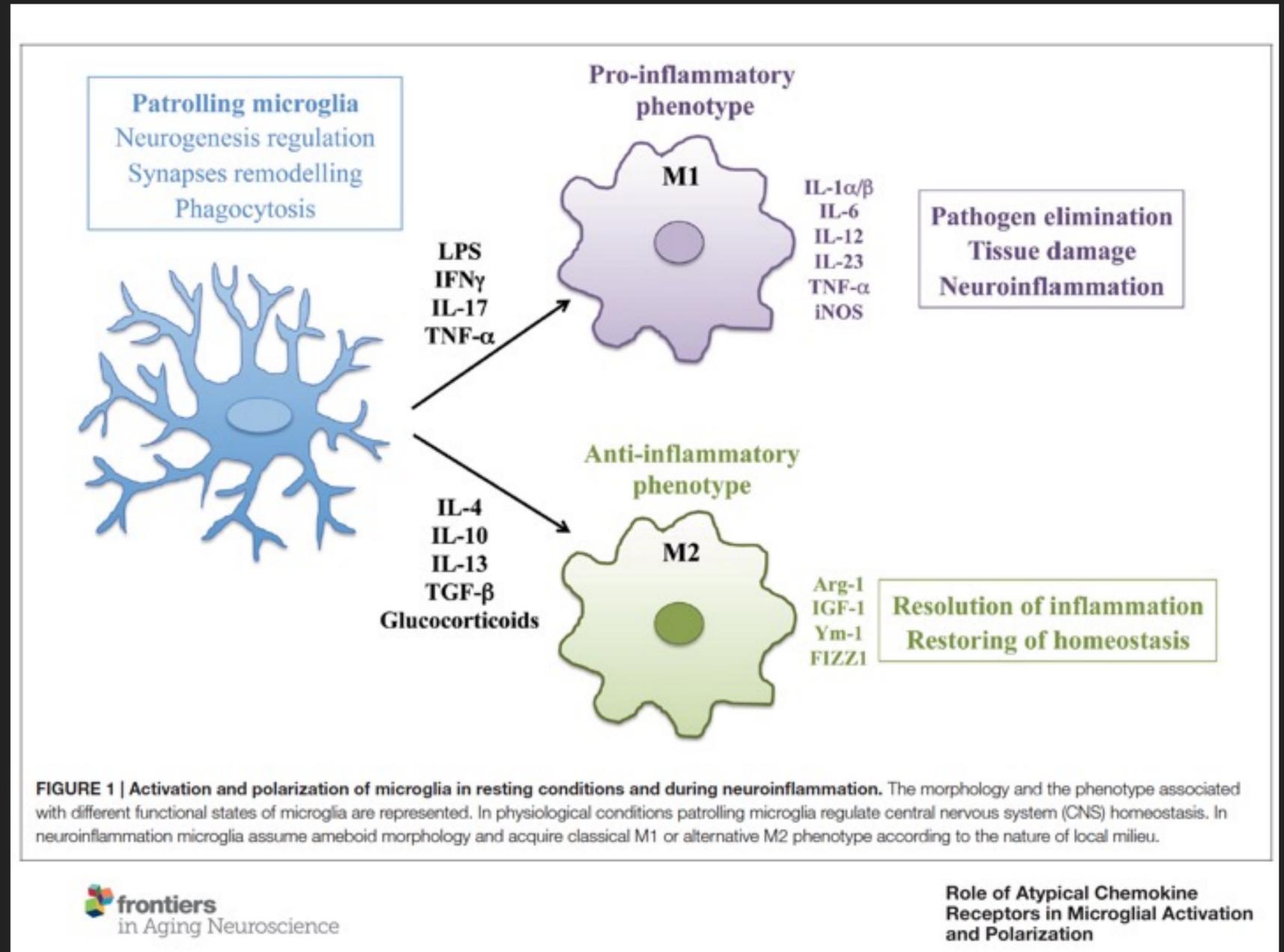
Is Chronic Systemic Inflammation a Determinant Factor in Developing Parkinson's Disease?

**GOAL =**

**TIP THE BALANCE**

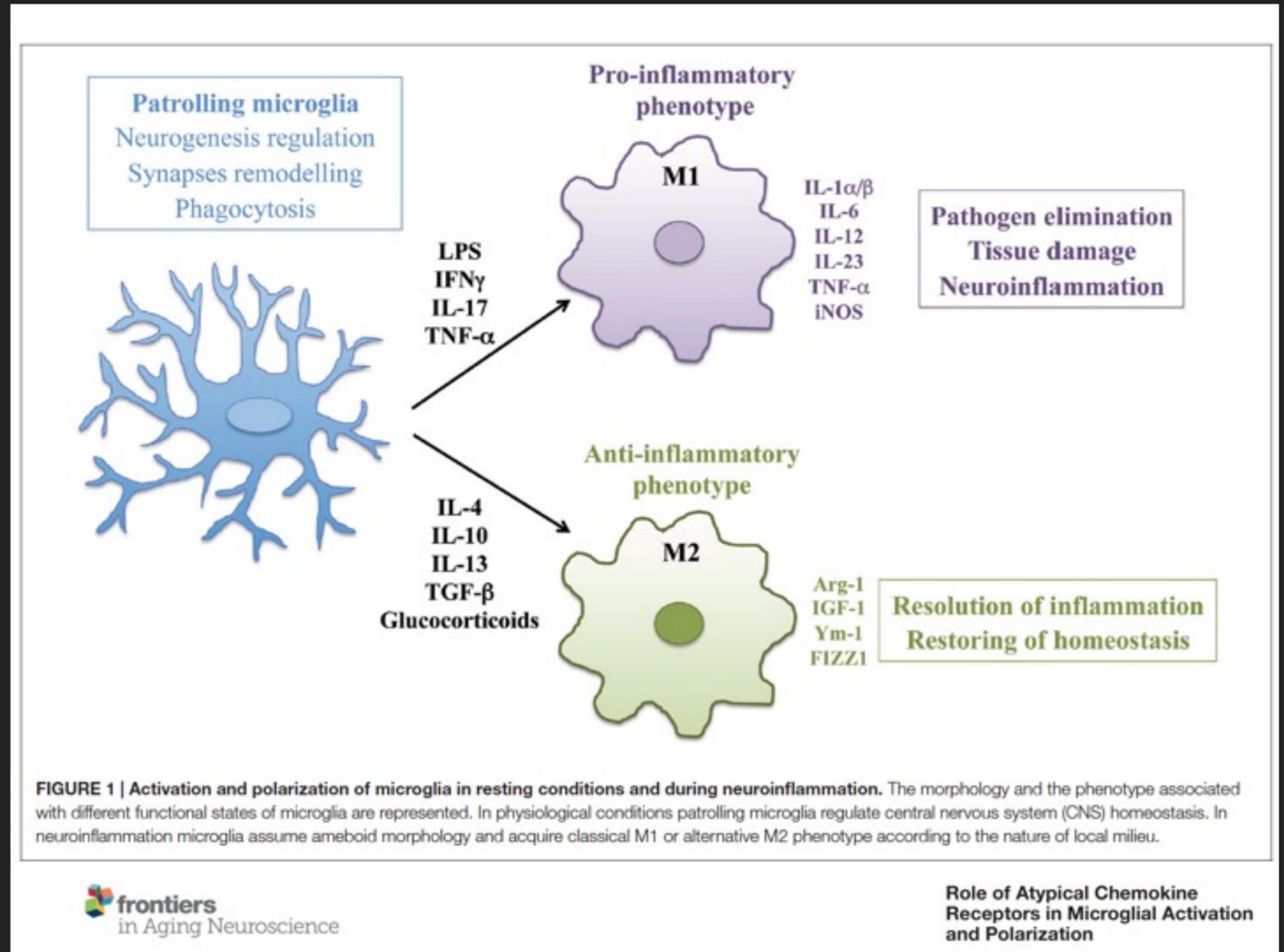
# MICROGLIA TRIGGERS

- ▶ **Diet**
- ▶ **Stress**
- ▶ **Toxins**
- ▶ **Poor sleep**
- ▶ **Exercise**



# MICROGLIA ANTIDOTES

- ▶ **Diet**
- ▶ **Nutrients**
- ▶ **Lifestyle**



**SPECIFIC  
TO YOU**

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**WHAT ARE YOUR WORST TRIGGERS?**

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**WHAT ARE YOUR BEST ANTIDOTES?**

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# BEN'S STORY

- ▶ **Pretty healthy**
- ▶ **Episodes of anxiety and dizziness**
- ▶ **Fatigue and depression**
- ▶ **Roller coaster**



A 3D rendering of a human brain, shown in a light pinkish-orange hue, is the central focus. It is surrounded by intense, swirling flames in shades of orange, yellow, and red, set against a dark background. The flames appear to be rising from and engulfing the brain, creating a dramatic and intense visual metaphor for neuroinflammation.

# NEURO- INFLAMMATION

**STOP BRAIN**

**INFLAMMATION**

**GOAL =**

**TIP THE BALANCE**

# **TOP 10 FOODS TO EAT & AVOID TO STOP BRAIN INFLAMMATION**

# TOP 5 FOODS TO EAT



**#1 CLEAN PROTEIN**

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# #1 CLEAN PROTEIN SOURCES

## ▶ Lean meats

- ▶ Beef, buffalo, elk, lamb, venison
- ▶ Chicken, Cornish hen, duck, pheasant, turkey

## ▶ SMASH fish

- ▶ Wild caught Alaskan salmon, mackerel, anchovies, sardines, herring

## ▶ Seafood

- ▶ Oysters
- ▶ Crab
- ▶ Scallops
- ▶ Shrimp

# CLEAN PROTEIN SOURCES

- ▶ **Grass-fed**
- ▶ **Hormone & antibiotic free**
- ▶ **Wild caught, smaller fish**



# CLEAN PROTEIN SOURCES

- ▶ **Organic soy products**
- ▶ **Beans**
- ▶ **Lentils**
- ▶ **Nuts & seeds**



# #2 HEALTHY FATS

## #2 HEALTHY FATS

- ▶ **Avocados**
- ▶ **Olives**
- ▶ **Fish**
- ▶ **Nuts & seeds**



# #3 HEALTHY OILS

## #3 HEALTHY OILS

- ▶ **Coconut oil**
- ▶ **Olive oil**
- ▶ **Avocado oil**
- ▶ **Flaxseed oil**
- ▶ **Sesame oil**
- ▶ **MCT oil**



**#4 ORGANIC VEGGIES**

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# NON-STARCHY VEGGIES

- ▶ **Non-starchy vegetables**

- ▶ **Artichoke**
- ▶ **Arugula**
- ▶ **Asparagus**
- ▶ **Bamboo**
- ▶ **Bok choy**

- ▶ **Broccoli**

- ▶ **Cabbage**

- ▶ **Celery**

- ▶ **Garlic**

- ▶ **Greens**

- ▶ **Leeks**

- ▶ **Microgreens**

- ▶ **Okra**

- ▶ **Onions**

- ▶ **Radishes**

- ▶ **Sprouts**

- ▶ **Watercress**

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# STARCHY VEGGIES

- ▶ **Acorn squash**
- ▶ **Butternut squash**
- ▶ **Plantain**
- ▶ **Sweet Potato**
- ▶ **Purple potato**
- ▶ **Root vegetables**
  - ▶ **Rutabaga**
  - ▶ **Parsnip**
  - ▶ **Yams**

**#5 LOW GLYCEMIC**

**FRUIT**

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# FRUIT

- ▶ **Apple\***
- ▶ **Apricots**
- ▶ **Blackberries\***
- ▶ **Blueberries\***
- ▶ **Cherries\***
- ▶ **Dates**
- ▶ **Figs**
- ▶ **Grapefruit**
- ▶ **Grapes\***
- ▶ **Kiwi**
- ▶ **Mango\***
- ▶ **Melon**
- ▶ **Nectarine**
- ▶ **Orange**
- ▶ **Papaya**
- ▶ **Peach**
- ▶ **Persimmon**
- ▶ **Pineapple**
- ▶ **Plums**
- ▶ **Pomegranate seeds\***
- ▶ **Raspberries\***
- ▶ **Strawberries\***
- ▶ **Tangerines**



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**WHICH OF THESE CATEGORIES DO YOU  
WANT TO EAT MORE OF?**

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**WHICH OF THESE CATEGORIES DO YOU  
NEED TO EAT MORE OF?**

**PROTIP**

**ADD FRESH HERBS TO  
YOUR DIET**

# FRESH HERBS

- ▶ **Basil**
- ▶ **Cilantro**
- ▶ **Parsley**
- ▶ **Thyme**
- ▶ **Sage**
- ▶ **Dill**
- ▶ **Rosemary**
- ▶ **Mint**



**FEED YOUR  
MICROBIOME**

---

# FEED YOUR MICROBIOME

## ▶ Probiotic foods

- ▶ Kimchi
- ▶ Sauerkraut
- ▶ Miso
- ▶ Pickles
- ▶ Dairy-free yogurt
- ▶ Dosas

## ▶ Prebiotic foods

- ▶ Garlic
- ▶ Onions
- ▶ Leeks
- ▶ Asparagus
- ▶ Konjac root
- ▶ Flaxseeds

**COMMON PITFALLS TO  
WATCH OUT FOR**

**COMMON PITFALLS TO  
WATCH OUT FOR**

# TOP 5 FOODS TO EAT

# TOP 5 FOODS TO AVOID

# #1 INFLAMMATORY FOODS

# INFLAMMATORY FOODS

- ▶ **Gluten**
- ▶ **Dairy**
- ▶ **Refined sugars**



**#2 HIGHLY PROCESSED  
FOODS**

# HIGHLY PROCESSED FOODS

- ▶ **Packaged foods**
- ▶ **Fast food**



# #3 "FOOD" CHEMICALS

# FOOD CHEMICALS

- ▶ **Food Additives**
- ▶ **Food preservatives**
- ▶ **Artificial colors**
- ▶ **Artificial sweeteners**



# #4 TRANS FATS

# TRANS FATS

- ▶ **Fried foods**
- ▶ **Baked goods**
- ▶ **Packaged foods**
- ▶ **Margarine**
- ▶ **Partially hydrogenated oils**



# #5 SEED OILS

# SEED OILS

- ▶ Soybean
- ▶ Canola
- ▶ Corn
- ▶ Rapeseed
- ▶ Cottonseed
- ▶ Safflower
- ▶ Sunflower
- ▶ Peanut oils



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# TOP 5 FOODS TO AVOID

- ▶ **Inflammatory foods**
- ▶ **Highly processed foods**
- ▶ **“Food” chemicals**
- ▶ **Trans fats**
- ▶ **Seed oils**



**COMMON SCENARIO**

# **TOP 10 FOODS TO EAT & AVOID TO STOP BRAIN INFLAMMATION**

**DO'S & DONT'S**

**PLAN FOR SUCCESS**

**BECOME AWARE**

**DO YOUR BEST**

**DON'T LIMIT YOURSELF**

**DON'T STARVE  
YOURSELF**

**DON'T GIVE UP TOO  
SOON**

**MAKE CHANGES, ONE  
DAY AT A TIME**

**SMALL CHANGES**

**BIG RESULTS**

---

# REVIEW

- ▶ **Neuroinflammation**
- ▶ **Microglia Deep Dive**
- ▶ **How to Stop Brain Inflammation**
- ▶ **Top 10 foods to eat & avoid**



# NEXT WEEK



# HOMEWORK:

1. DOWNLOAD THE FOODS TO EAT & AVOID CHEATSHEET
2. ADD 1 NEW FOOD
3. STOP 1 TRIGGER FOOD

# 30-DAY CHALLENGE:

- GLUTEN-FREE, DAIRY-FREE, LOW SUGAR
- SCHEDULE IT IN YOUR CALENDAR