

The Brain Health Workshop Week 3 Transcript

Hey, my friends. I'm Dr. Titus Chiu and welcome to week number three of the Brain Health Workshop. In last week's session, I took you on a VIP tour of your brain. We explored the prefrontal cortex, the hippocampus, and dove deep into your brainstem, and I left you with a bunch of brand-new brain training exercises that you could begin doing to help strengthen your brain and heal it at the root cause.

And in this week's session, I'm going to be sharing with you one of the most powerfully destructive, hidden forces when it comes to your brain health—neuroinflammation. After I went to school and learned all the things about experience-dependent neuroplasticity that I taught you in last week's session, I began training my brain, and I started to feel better. But I would still have these setbacks, and I'd have these experiences of brain fog and brain fatigue and other neurological symptoms, and I had no idea why. I was training my brain, and I was doing everything that I learned to do in relation to strengthening the root cause of my brain health challenges.

And so, as you can imagine, I was really discouraged and frustrated because I continued to have all these setbacks in my recovery. It was like a roller coaster of ups and downs—ups and downs in terms of my brain health—and the most frustrating thing was I had no idea why. But then I discovered the world of neuroimmunology. It's this brand-new field in healthcare and medicine that is exploring the interconnection between your brain and your immune system. I realized that one of the biggest obstacles and hidden forces in my healing was brain inflammation, a.k.a. neuroinflammation. And so I dove deep into the world of neuroimmunology and inflammation, and I studied and gathered as much tools and secrets and strategies that I could to begin healing my brain at its source.

And after I did that, I was able to break through that up and down roller coaster that I was experiencing for years, and many of my setbacks started to become fewer and farther between. I was able to do it through some real simple, practical actions that I'm going to be teaching you guys how to do in this week's session to empower you to take more control of your brain health.

In this week of the Brain Health Workshop, I'm going to be teaching you some key concepts as it relates to the world of neuroimmunology and neuroinflammation. We're going to be taking a deep dive into what we call your 'microglia,' very important immune cells that make up part of your nervous system. And I'm going to share with you how to stop brain inflammation, and finally, the top ten foods to eat and avoid in your quest to heal your brain.

Before we dive into that, as you know, I am a brain health specialist, but I'm not your brain health specialist. Be sure to check with your doctor first before starting any new program. That being said, let's dive right into key concepts of neuroinflammation.

In last week's session, I taught you about the miracle of experience-dependent neuroplasticity. You learned that through your physical, mental, and emotional experiences, you could literally remodel your brain, rewire the key neural networks that are at the root cause of your brain health challenges, and transform your life. Now, that would be all you needed to do, is brain training, if your brain existed in a vacuum and your brain cells lived in a little Petri dish, but as you know, that's not the case. Your brain is connected to your body and all the other influences upon your brain, as well as body. There are other hidden forces at play that can stop the miracle of neuroplasticity in its tracks. And that's what we're going to be talking about today. One of the most powerfully destructive hidden forces that will stop

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neuroplasticity in its tracks and take away all the benefits of your brain training is neuroinflammation, one of the most powerful, destructive forces to your brain health.

Neuroinflammation refers to an inflammatory process happening within your nervous system. Now, let's step back for a second and just discuss inflammation in general. Inflammation is actually a part of your brain and body's natural healing response. That's the ironic thing—inflammation is actually necessary for healing. The problem is, though, when inflammation becomes stuck in the 'on' position, and it becomes chronic, and that can happen not only in your body, it can also happen within your brain and nervous system. And from there, you can end up experiencing a whole bunch of different brain symptoms. And so, no matter how much brain training you try to do, if you have neuroinflammation, you'll be taking two steps forwards and five, ten steps back, depending on your level of neuroinflammation.

Do any of these symptoms sound like you: brain fog or memory problems, cognitive decline, brain fatigue, anxiety and depression, balance issues, vertigo, chronic stress, concussion, insomnia, chronic pain, headaches, migraines, and more? If you experience some or many of these different symptoms—especially if you've tried brain training before, and especially if you have setbacks as well as roller coasters of some days you feel okay and others you don't, or just in general, you don't feel good overall—then your brain could very well be inflamed.

Before we dive into neuroinflammation, I want to step back for a second and discuss two key brain cells that make up your brain—two types of brain cells. This is very important for you to understand as we begin to explore how to address this neuroinflammation. There are two main cells that make up your brain, two main cell types. So, you have neurons and glial cells. In last week's session, when we talked about the root cause of your brain health challenges, a.k.a. the neural networks, the different regions of your brain that allow you to experience all the things that you do in your life, and are also when they're not working at the root cause for your brain health challenges, those neural networks that we discussed are made up of what we call 'neurons.'

It's the first type of brain cell. So, neurons, there are all these different individual neurons that make up your nervous system, and they communicate with one another in what we call 'neural networks.' So, the neurons are very important for the communication happening within your neural networks. And on the other hand, you have a second type of brain cell that we call 'glial cells.' Now the glial cells, they're actually the glue that keeps your brain together. And so glial cells are very important for nourishment of the neurons and helping to detoxify and clear up debris in your neural networks, so communication within the neural networks is enhanced and optimized. And as you learned in the last week's session and the first week as well, week number one, when communication between your neural networks is not optimized or efficient, that's when you can begin to experience all the different brain health challenges we had spoken about already.

In a nutshell, to summarize, your brain is made up of two types of brain cells—number one, the neurons, which make up your neural networks and are very important for communication. And the second type of brain cells, the glial cells, and they're more like—if you can think about the glue that keeps your neural networks running optimally. Now we're going to dive even deeper for a second and explore one specific type of glial cell that's very important for our conversation of neuroinflammation, and that's

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what we call the microglia. The microglia is a specific type of glial cell. One of the cells that is important for keeping your neural networks working optimally. And your microglia cells, they're very important because what they do, they clean up house. So, through your everyday normal experiences, throughout your day, you build up toxins and debris and metabolic waste products from a consequence of just your everyday life.

And so, one of the main jobs as a microglia is to help clear up that debris and clean up the garbage and the waste that accumulates in your nervous system. Your microglia is very important for housekeeping, it's very important for cleanup, and it's also very important for protection. If any pathogens are able to enter your nervous system, things like bacteria or viruses or even things like parasites—your microglia—one of its main jobs is to help neutralize those pathogens. So, the microglia, they're very important for cleanup of debris and metabolic byproducts of everyday living, as well as protecting your neurons and neural networks from pathogens and invaders. The microglia are actually part of your immune system, but the immune system that helps protect your brain from pathogens and invaders. And when it comes to microglia, it's very interesting; they actually have two expressions, two main roles that I'll be going over with you right now.

The first main role is that of the nurturer. And so, the microglia, when they're in a normal steady state, what we call a 'steady state' or a 'resting state,' their main job is to clean up the debris and protect your brain from invaders, everything I just described. That's the steady state of the microglia, what we call 'the nurturers,' the nurturing function of your microglia. And as you can see here—I drew a little picture for you—the microglia, when it's in this steady state, in this nurturer expression and it's acting as the nurturer, you can see it has all of these arms and legs, and that allows the microglia to actually crawl around your brain and clear up all that debris and clean up house, so your neural networks can work efficiently and effectively so you won't experience symptoms. That's if your microglia are in a steady state and in that nurturing function.

When you have things like a concussion or trauma, or even chronic stress or exposure to toxins or inflammation, your microglia could become primed and activated and become a warrior. What does that mean? They end up creating tissue damage and releasing chemicals of inflammation, creating more inflammation within your nervous system. And if this doesn't get turned off, it can lead to things such as sickness behavior, where you don't feel motivated to get out of bed, or you feel tired all the time or brain fog or brain fatigue or any of those other symptoms that I described to you before. So, that's when your microglia become activated and become these warriors. Why am I telling you this? Because one of the main strategies that we're going to be taking in terms of getting a handle on brain inflammation is understanding how to tip the balance of your microglia from the warrior back to the nurturer.

And there are different things that we can do that I'll be sharing with you in a little bit. I just want to share this diagram with you now, just to kind of step back and review. So far, we've talked about the two major types of brain cells that make up your brain—the neurons that are important for communication between your brain cells and create those neural networks. The second type are glial cells, and the most important one for our conversation are the microglia. They're very important because they serve a cleanup role, as well as protecting your brain if they're healthy. But if they become activated through trauma or through exposure to toxins or even inflammation itself, they could become these warriors. And you can see here that picture I drew, they lose all those little feet and legs, and they

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hunker down. And so anything coming across its path, it'll trigger a massive inflammatory process leading to tissue damage and further degeneration of your brain and nervous system.

Here's a diagram that shows you the different stages of what happens. Right here, you have the resting microglia. So, if all things are going well and things are balanced, and you're healthy, they're doing their cleanup function. They're cleaning up, and they're protecting your brain from any type of pathogens or invaders. But let's say you get exposed to stress or some level of inflammation, or even trauma, both physical like a concussion, or even emotional stress and emotional trauma, that can trigger your microglia. Depending on the severity and how long that stress is placed on your brain and nervous system, if it's prolonged periods, or if it's very intense stress or trauma, your microglia can then become activated, creating further inflammation. What I described earlier—chronic neuroinflammation, where that normal physiological process gets stuck in the on position—and that's where many of the brain health challenges that you might be struggling with, that's where those things start to get out of hand.

And the question is then, well, what's a poor brain to do when you have inflammation, and you have these microglia that become warriors and create more inflammation? That can be one of the main reasons why, despite any brain training that you tried from last week, you're still not recovering, or even other things that you've tried in terms of your brain health. If you have neuroinflammation that's stuck, that's chronic, or if it's severe levels, then you will be struggling with your brain health.

The key to all of this, the take-home is this—you need to stop brain inflammation. And because you can train your brain until the cows come home—you can do all those brain training exercises that I've taught you in last week's session—but if there's brain inflammation, you'll be creating and strengthening those pathways through the brain training, but then those connections then become weakened due to the brain inflammation.

So, the key is you need to stop brain inflammation, and one of our goals in doing that is tipping the balance of your microglia. There are certain triggers that shift your microglia into the warrior state. Again, the idea is we want more of your microglia to be the nurturer, to help clean up debris, and to protect your brain. We don't want too many warriors because then it leads to massive inflammation and chronic brain health symptoms. There are certain triggers that shift the balance and tip the balance of your microglia from the nurturer to the warrior. And here's some of them—things like diet, things in your diet can shift to a more inflammatory expression of your microglia. Stress, whether it's emotional stress or mental stress; exposure to toxins; poor sleep; as well as exercise, meaning what we call 'over-training.'

Now, exercise is actually one of the most important things for brain health to maintain brain health. But if you over-exercise, that can actually lead to more warriors of your microglia. And what does that mean? Again, it means more inflammation and degeneration of your brain. The good news is, though, that there are antidotes for your microglia, as well. As we know, there are certain triggers for your microglia, and there are also antidotes. And so things such as certain foods in your diet, although they can trigger the microglia to become warriors, there are also certain types of foods and compounds that are antidotes that can help heal your microglia and put out inflammation. In addition to that, there are specific nutrients that have been shown in the research to help turn down the signal of inflammation and shift your microglia from that warrior back to the nurturer.

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And finally, there are also critical lifestyle factors that have been shown in the research that helps shift your microglia from the warrior back to the nurturer. Point being is our goal—in the case of neuroinflammation—we need to tip the balance back from the warrior back to the nurturer. And from there, you have resolution of inflammation, and you begin the healing process.

The key is, though, when we tip the balance, and we explore these different triggers and antidotes, it has to be specific to you because, as you're very aware of, there's certain things that you probably know that when you do you feel really good, and you might've noticed certain things that when you do you feel really bad. Those are the triggers and antidotes. So, my question to you is, what are your worst triggers? What are the things that you've noticed that you do that make you feel worse?

Is it certain foods you eat that make your symptoms worse? Is there a certain lifestyle, things that you know you should do, but you don't do, like sleep or exercise? Or perhaps exposure to certain toxins when you smell, like car exhaust? Does that trigger you? Or if you get too much exercise, do you notice that you feel worse? Again, my point in asking you this question is, one of the main goals of this workshop that I want you to take home is to become aware of what your triggers are. Because once you become aware of what your triggers are, you understand what the specific things are that shift your microglia from a nurturing state to the warrior. And then you can begin taking action to tip the balance back to the healing state. Right now, what I'd like you to do is take a few moments and actually grab your brain health roadmap.

You should have downloaded that by now, and you should have had that. It's in your member's area. You can download it. If you don't have it now, just grab a piece of paper and just jot down a few notes. I want you to write down what are your worst triggers? Is it certain foods? Is it sleep—if you don't get enough sleep? Or is it stress? Again, there're no right or wrong answers. It's just what's true to you in your brain. But I'd like you to take a few moments right now, jot down on a piece of paper. Or, if you have your brain health roadmap, even better, write in, fill in your brain health roadmap, and take a few notes on what you think you recall some of your worst triggers are. Things that you do that trigger and make your symptoms worse. I'll give you a few moments right now.

Is it emotional stress—if you think about situations that are emotionally challenging? Is it more mental stress when you're doing work, or you're focused on a task? Is that when your symptoms get worse? Have you noticed a correlation between certain foods you eat, perhaps? Again, there's no right or wrong here, just what's true to you and your brain. So, take a few more moments. I'll give you a few more moments right now and write those down. Jot those down. Just brainstorm.

Okay. Great work. Great job writing down your worst triggers. Now my question to you is, what are your best antidotes? What are the things that you know you do that help you feel better? So go ahead, write those down, take a few moments and write those down right now in your brain health roadmap or in the notes that you're jotting down. So, take a few moments. Think about, what are your best antidotes, the things that you know you do that help you feel better? Is it if you get good sleep? Or if you connect with a loved one? Or you spend some time not doing anything and just resting and relaxing? There's no right or wrong here, just what's true for you and your brain. Go ahead and take a few moments right now and jot down what your best antidotes are. I'll give you a few more moments just right now.

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Okay. Great job! And don't worry if you weren't able to write down all your ideas or if you're in the middle of something right now. You can always go back after our session today and continue that brainstorming. I actually encourage you to do that because this is such an important exercise. Because one of the things that I really want you guys to do as we go through the Brain Health Workshop is to become very, very clear as to what your worst triggers and your best antidotes are as it relates to your brain health. Because it'll empower you to be able to take your health to the next level, and when you develop this awareness of your worst triggers and best antidotes because those are the things and the clues that will help strengthen your brain and stop brain inflammation. Because as you know now, I'm teaching you a bunch of really powerful frameworks, and I'm bringing to you the most cutting-edge research as it relates to neuroscience and natural medicine.

And through the course of many years working with patients and healing my own brain, these are the foundational strategies that work for many people, but we then need to take it to the next level and personalize it to you. And by becoming very aware of what your triggers are and avoiding them, or building resilience to them, as well as learning what your best antidotes are as well, will empower you to not only take your health to the next level but do it in a way that you can personalize your own brain health roadmap. So, great job with that exercise. I encourage you to sit down after the session and brainstorm—continue brainstorming, and figuring out your worst triggers as well as your best antidotes, and we'll be continuing this conversation all throughout the rest of the Brain Health Workshop.

Before we continue on with the next section, I want to share with you Ben's story. Ben was a pretty healthy guy when he came to see me, and he applied to work with me as a one-on-one private client. And he felt good most of the time, and he was pretty healthy overall, but he would experience episodes of anxiety as well as dizziness and insomnia. And in some cases, he'd also feel fatigue and depression. But the thing was there were these episodes— These periods where he felt pretty good, and then all of a sudden, he'd feel anxious and dizzy, and he would have no idea why. And then that would improve, and then he'd feel good for a little bit, and then some days he'd feel fatigue and depression again. It was so discouraging to him because he was already doing so much in terms of taking care of his brain health.

So, he was really discouraged but also frustrated because of the effort he was putting in, and he had no idea why and didn't understand the reasons why he was experiencing these episodes of brain symptoms. So, when we worked together, we identified that he had neuroinflammation. We identified through exploring his history and the pattern of feeling good some days and not so good other days, and some days even just not feeling good at all for extended periods of time. That was a huge clue that although he had dialed in a lot of his brain health routines, he still had this hidden force of neuroinflammation that he needed to address.

One of the first things I did was taught him how to identify his triggers as well as his antidotes. Once he identified those triggers, then he knew how to avoid them. Once he identified his best antidotes, he doubled down on those things that worked for him to help him feel better. It was through that process of awareness that was what got him out of that up and down rollercoaster, feeling good some days and not so good other days. From there, he built a really strong foundation for his long-term brain health. This is what you are going to be discovering throughout the rest of this week's session, as well as the rest of our Brain Health Workshop to come.

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So, Ben was able to do it, I was able to do it—to identify my worst triggers and best antidotes—and from there, be empowered to take back control of my own brain health. I know you will, too. Once you become aware of your triggers and antidotes, and then you fill in the gaps as to what you can then do about it, you will be able to take back control of your brain health. So, that being said, before we segue into how you can do that, let's do a quick little review. Thus far, in this week's session, I introduced you to the most powerful, hidden destructive force when it comes to brain health—neuroinflammation.

When it comes to neuroinflammation, the key is we need to stop it in order to get long-term brain health and to start feeling better and getting out of the rollercoaster—feeling bad some days and good other days. You need to stop brain inflammation. One of the first steps in doing that is shifting the balance of your microglia, the immune cells that exist in your nervous system from that of the warrior—the inflammatory destructive expression of your microglia to that of the nurturer—to the anti-inflammatory expression, the resolution of inflammation and the triggering of the healing process.

Now, the great news is even if you have brain inflammation, and I would have to say that the majority of people out there who struggle with brain health challenges, especially chronic, they most likely, ninety-nine percent, ninety-nine point ninety-nine percent have brain inflammation. The great news is if that's you, if you're one of those people, as I was, there are simple, practical, and natural things that you can do to begin tipping the balance towards the nurture, towards the microglia and the healing process. In the rest of this week's session, I'm going to be sharing with you one of the most powerful things that you have, the tools that you have, to be able to stop brain inflammation at the source, and that's through your diet.

I'm going to be sharing with you the top ten foods to eat and avoid to stop brain inflammation. This is one of the most powerful strategies that you have control over right, here right now, after you learn these top ten foods to eat and avoid to stop brain inflammation. So, without any further ado, we're going to dive into that. We're going to start with the top five foods to eat. These are the foods that have been shown in the research as well as in my clinical experience and personal experience to help stop brain inflammation and heal your brain at the source. Without any further ado, here are the top five foods to eat—and after this, we'll talk about the top five foods to avoid.

When it comes to eating and eating right for your brain, there's some general principles that we want to abide by. Number one, it's best to get foods that are organic, and number two, that are non-GMO and pesticide-free as well. Number three, if you get foods that are minimally processed, that is the most ideal. Number four, eating from the rainbow is a very important concept that we'll explore in greater detail in a little bit. And number five, when you want to eat healthy for your brain, you also want to feed your microbiome. We'll be diving more into the last two of those, to eat from the rainbow, as well as feed your microbiome in this section—the top five foods to eat. But these are just some general principles.

Again, it's best to eat foods that are as minimally processed as possible, pesticide-free, free of toxins that can impact and damage your brain and create neuroinflammation. Now, that being said, now that we've gone over some general principles as it relates to eating healthy for your brain, here's the top five foods—number one—to stop brain inflammation and heal your brain: Number one, clean sources of

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protein. So, proteins are so very important when it comes to brain health because proteins are made up of what we call 'amino acids' and amino acids are the building blocks, not only of proteins that you eat, but they're also the building blocks for your neurotransmitters, these communication molecules that help your neural networks work efficiently. That's why eating clean protein is so very important.

Here's some sources of clean protein that are very good for your brain health, things like lean meats. So, beef, buffalo, elk, lamb, and venison, or things like chicken, Cornish hen, duck, pheasant, as well as turkey. As you probably know, fish are also a fantastic source of clean protein. Specifically, SMASH fish are very good because they're smaller because the larger fish tend to have more toxins accumulated over their lifespan. So, things like salmon and mackerel, anchovies, sardines, and herring. You get the wonderful, clean sources of protein from there, especially if they're wild-caught. You get a wonderful source of clean proteins minus the buildup of the toxic materials.

In addition to that, other sources of clean proteins are seafood, things like oysters, crabs, scallops, as well as shrimp. Of this list, my personal favorite is actually oysters because not only are they a great source of clean protein, they're also high in zinc for immunity, as well as all the essential amino acids needed for your neurotransmitters. In addition to that, oysters do have healthy amounts of Omega-3 fatty acids and other minerals crucial for brain health, as well as immune health. But in addition to that, all these other foods are fantastic, these lean meats as well—SMASH fish.

One thing I do encourage in addition to eating organic and minimally processed is if you do choose meats, like lean meats and whatnot, it's good to get grass-fed as well as hormone- and antibiotic-free. Because when you get grass-fed meats, you also not only get a clean source of protein but also high levels of the Omega-3 fatty acids, which we'll talk about in a little bit here. Grass-fed is a fantastic way to get clean proteins, as well as healthy fats. I also encourage you to look for sources of meat that are hormone- and antibiotic-free, clean sources of protein. For those of you out there, again, just to summarize, when looking for clean protein sources: grass-fed, as well as hormone- and antibiotic-free, and for seafood, if you can get wild-caught and especially smaller fish, then you decrease the amount of toxins you're being exposed to.

For those of you out there who are vegans or vegetarians, there's other sources of clean proteins you can choose from—organic soy products, as well as beans, lentils, nuts, and seeds. If you are vegan or vegetarian and your main source of proteins are from this list, it's important to switch it up. So, vary it up. Don't get stuck eating the same thing over and over again, because that way, when you vary it up and have some soy and tofu one day, or edamame another day, and beans as well as rice and mix those together, and then another day, get some lentils and a handful of nuts and seeds throughout your day—my point is when you vary it up, then you increase your chance of getting all the amino acids that are so crucial for your brain health. That being said, those are clean sources of proteins, the number one top food to stop brain inflammation and heal your brain.

The second source of food to help heal your brain and stop the brain inflammation is healthy fats. Now, your brain is made up of sixty percent fat. So, not only are fats crucial for brain health and the building blocks of many of the components of your brain but fats have also been shown to have very powerful anti-inflammatory effects on your brain as well as brain inflammation. Specifically, we talked about

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earlier in this session—this is just a little side note, I'm going to geek out for a little bit here—but one of the top types of brain cells that your brain is composed of is what we call the neurons, which make up your neural networks. Now, the neurons are important for communication, as I shared with you earlier, and one of the ways in which they communicate is through the synapse.

Let's share with you this diagram again to give you an idea of what I'm talking about. You can see here in this diagram this image of the neuron—here's what we call the 'cell body' right over here. Then this long telephone wire-looking thing, that's what we call the 'axon,' and it's surrounded by myelin, which helps improve cellular communication. My point is in sharing this with you, these axons, they communicate with other neurons. So, you have one neuron here, and it connects with another neuron, and that junction of their communication with the axon and these other areas of the neuron that it is communicating with is what we call the synapse.

So just to summarize, keep it simple. The synapse is where the neurons communicate to form those neural network communications that allow you to experience everything in your life and experience yourself, others, and the world around you. Guess what, though? Those synapses, those areas of cellular communication—neuronal communication—are made up of high amounts of fats, specifically the fat docosahexaenoic acid, DHA. Certain foods that are high in DHA are things like fish or fatty types of fish like the SMASH fish we talked about. So, when you eat a SMASH fish, let's say you have some sardines, and for vegans or vegetarians, let's say you eat some algae or some seaweed, you eat algae. That's one source of DHA.

When you eat that fat and your digestive system breaks it down, and it enters your bloodstream, what it then does, some of it will cross what we call your 'blood-brain barrier.' Once it crosses your blood-brain barrier, it can actually get into your brain. From there—this is the wildest thing—that fat becomes incorporated into your cell membrane, especially around your synapses. Meaning the fats you eat, the healthy fats you eat—hopefully, the Omega-3 fats—become incorporated into the covering of your brain cells, of your neurons. In particular, the synapses, those areas where cellular communication happens. So, the more healthy fats you eat, in particular, the Omega-3 fats found in things like fish or algae—when you eat those, they become incorporated into your synapses, improving cellular communication.

So, the higher your healthy level of fats are in your diet, and you have healthy digestion and absorb it, the greater your cellular brain communication will be. Now, that's important because when brain communication goes south, as it does in the case of neuroinflammation, your thought process will get slower, your healing time will take longer, as well as overall communication. You might feel faster fatigue or states of brain fatigue, or your brain endurance isn't very high. In addition to that, when you don't have levels of healthy fats, you're also not going to be able to create the building blocks of your brain cells. Again, sixty percent of your brain is made up of fats. So, for all those reasons, that's why healthy fats are the number two top food to stop brain inflammation and heal your brain.

In addition to that, there's other sources of healthy fats. So, in addition to Omega-3 fatty acids, we also have monounsaturated fats found in very high amounts in things like avocados, as well as olives—very high levels of healthy fats—nuts and seeds. In particular, I love avocados because they're very high in

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these monounsaturated fats. They're very important for brain health, as well as immune health. They have high levels of vitamin E, which is crucial as well for brain health. Vitamin K, folate, and your avocados are also high in what we call 'glutathione,' one of the most powerful natural antioxidants as well as detoxifying agents found within your body. Avocados supply a huge pack of glutathione, vitamin E, monounsaturated fats, vitamin K, and that's one of my favorite ways to get healthy fats.

I recommend if you do get avocados and they're not ripe yet, you have to make sure that they're ripe to get the most benefit, place them in a brown paper bag and at room temperature for about two to five days if they're not ripe so you can help speed up the ripening process and get the most out of that avocado. So, there you have it. The top food number two is healthy fats.

Top brain food number three is healthy oils. As you know, one way of getting the healthy Omega-3 fatty acids is by eating fish. But in addition to that, there's other types of oils and healthy fats that you can get through eating oils. Here's a list of them: Coconut oil, olive oil, avocado oil, flaxseed oil, sesame oil, and MCT oil. So, healthy oils in addition to healthy fats. Healthy oils are a fantastic way of getting healthy fats into your diet without having to add a bunch of high-density foods into your meals. As an example, you can drizzle a bit of olive oil on your salad. I like to squeeze a little bit of lemon and salt and pepper to that to get some flavor to that. In addition to that, using these different oils for cooking.

Now, one thing that's really important to pay attention to is what we call the 'smoke point.' So, the smoke point relates to the temperature at which these oils become oxidized. When oils become oxidized, they can actually lose a lot of their health benefits and create what are known as 'free radicals,' harmful chemicals that can damage not only your brain cells but also your DNA. It's really important if you're cooking with oils to choose oils that have a high smoke point. As an example, coconut oil has a very high smoke point, as does avocado oil. Believe it or not, olive oil also has a very high smoke point. I actually used to think that, and I read before that olive oil, it's best to not cook at high temperatures, but recent evidence has shown that olive oil indeed—especially organic extra-virgin olive oil—has a pretty high smoke point. So, you can use it for cooking at higher temperatures like sauteing and whatnot.

That being said, coconut oil, olive oil, avocado oil, those are fantastic oils to cook with at higher temperatures. Things like flaxseed oil or sesame oil, or MCT oil, those are better for perhaps drizzling at the end or adding to your salad dressing, things of that nature. I even like to take—on some days where I'm not using a lot of oils for cooking or eating—I'll take a tablespoon of coconut oil, a tablespoon of olive oil, and get my level of healthy oils in that way. So, there you have it, everybody, ladies and gentlemen, top food number three, top brain food to eat is healthy oils.

Top food number four, organic veggies. So, when it comes to vegetables, there are two main types of vegetables. Vegetables are so important because, in addition to providing your brain with energy in the form of glucose, organic vegetables, many of them have what are known as 'polyphenols.' We'll talk about this more in next week's session, but they are compounds that are very healing for your brain and nervous system, as well as stopping brain inflammation. When it comes to veggies, though, there are two main types of veggies that we want to look for. The first type is what we call 'non-starchy vegetables.' These vegetables are lower glycemic, meaning they have less sugar content, and so don't create as big a spike in your blood sugar.

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The reason why that's important is if you have big spikes in your blood sugar by eating foods that are high in sugar, that's one way of triggering a big spike that can actually, over time, lead to brain inflammation. It's important when choosing veggies, as well as fruits—as we'll talk about in a second here—you want to choose foods that are low-glycemic, so low sugar content and low blood sugar spiking capability. Non-starchy vegetables are a fantastic way of doing that. Things like artichoke, arugula, asparagus, bamboo, bok choy, broccoli, cabbage, celery, garlic, green leeks, and a bunch of others you can see here on this list.

I recommend for most of these, especially like the leafy greens, fantastic eating with a salad. Or, for the vegetables that are harder, I like to actually do light steaming, as an example, broccoli. Having some broccoli that's raw, but when you eat vegetables that are raw, although they're healthy for you and they have a lot of nutrients—two things—number one, they're harder on your digestion, and number two, sometimes when you lightly steam foods such as broccoli or a vegetable, you actually release more of the nutrients, and they become bioavailable. Meaning your body and your brain can then actually use them easier. Things like broccoli or cabbage, asparagus, I like to lightly steam them or saute them to release a lot of the nutrient density, the nutrient value from them. That's the first category of organic veggies that are great for brain health—non-starchy vegetables.

The other one, the other category, is what are known as 'starchy vegetables.' So, things like squash or plantains, potatoes like sweet potato or purple potato, and root vegetables like rutabaga, parsnips, as well as yams. Those are examples of starchier vegetables. Those are very important as well because they contain more complex carbohydrates, but because they're starchier, they do have a higher sugar content.

So, it's good to have a varied diet and eat from both the non-starchy vegetable category, as well as the starchy vegetable category. But because the starchy vegetables are higher in sugar, it's best to limit your intake of starchy vegetables to about one serving a day. What that means is like about half a cup to a cup of these different starchy vegetables. So, there you have it, food number four to eat more of for better brain health is organic veggies, and specifically the non-starchy—over here, you have a full list—and the starchy vegetables.

Finally, top food number five to stop brain inflammation and heal your brain is low-glycemic fruit. When it comes to fruit, fruit is wonderful because fruit has so many different vitamins, as well as chemical compounds, natural chemical compounds that are very healing that help lower brain inflammation. But the thing is, you want to be sure to choose low-glycemic fruit, meaning fruit that are low in sugar content, because, like I mentioned a second ago, if your blood sugar levels spike too high, that can trigger brain inflammation. Here's a list of low-glycemic fruits to eat more of: Things like apples, apricots, blackberries, blueberries, cherries, dates, figs, grapefruit, the list goes on and on. There're so many different fruits that you can choose from this list of low-glycemic fruits.

You can see here, on the list I have, there's asterisks in a few of the fruits there. These fruits have been shown to have more potent therapeutic effects for what are known as your 'mitochondria,' the powerhouse of your cells. There are natural chemical compounds found in these fruits that are very healing for your mitochondria. When your mitochondria are healthy, your brain will be healthy. So, just

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go ahead and take a look at that list here. You can always reference it later on. But do choose these fruits and pick from this list, especially the foods that have the asterisks, but even the ones that don't are very good for your brain.

But the thing is, like I mentioned before, you want to limit your intake to about one to two servings max a day. That might look like one apple a day or a handful of blueberries a day—a cup of blueberries a day. You want to max that out because you don't want to eat too much sugar. I work with a lot of patients who are like, "Oh yeah, I eat really healthy. I eat a lot of fruit, and I get all my servings of fruits and vegetables a day." But when I look at the actual fruits they're eating, the servings of fruits and vegetables, they're eating really starchy vegetables, as well as fruits that are very high glycemic and eating way too many servings of them, and that's impacting their blood sugar. Sure, they're getting a lot of the other nutrients that are good, but they're triggering inflammation inadvertently.

So especially when it comes to brain health, research has shown that when you can keep carbs at a lower level, even as in the case of fruits, that's the best way to fuel your brain. That being said, limiting to one to two servings of fruits max a day. Again, one of the servings is like an apple and about five to ten blueberries—that'd be a good amount—as well as things like strawberries, having a handful, like five strawberries, that's a healthy amount for one serving.

So, there you have it, ladies and gentlemen, the top five foods to eat to stop brain inflammation and heal your brain. Number one, as a review, clean protein sources. Number two, healthy fats. Number three, healthy oils. Number four, veggies, and finally, number five, low-glycemic fruits. Be sure to eat from all five of these different categories—the proteins, healthy fats, oils, veggies, as well as fruits, to get the most well-rounded variety when it comes to eating right for your brain.

My question to you is, which of these categories do you want to eat more of? Is there a certain category of foods that you're not eating as much of that you want to eat more of? Perhaps it's those therapeutic fruits that I showed you, the asterisk fruits, or perhaps it's more clean protein sources that you saw. So, anything that I talked about that triggers a little bit of a hunger response in you or a little bit of craving, that food most likely is right for you and your brain. Which of these categories do you want to eat more of?

My other question is, which of these categories do you need to eat more of? Are you missing a huge gap? Perhaps you're not getting enough clean protein sources or healthy oils. Which of these categories do you need to eat more of? So, take a few moments, think about that, and begin shifting and preparing your mind to change up your eating habits to best stop brain inflammation. I'll give you a few moments to think about that. Which categories do you want to eat more of, as well as which categories do you need to eat more of? Take a few moments to reflect on that, and if you want, jot that down in your notes, so you can look back. And if you have your brain health roadmap, jot that down there as well in the note section, so you can have that piece of paper to help guide you moving forwards.

Okay. Great job. Before we wrap up the top five foods to eat, here's a little pro-tip that deserves some mention. I encourage you all to add fresh herbs to your diet. Herbs contain a bunch of fantastic compounds—antifungal, detoxification, antioxidant properties that are very healing to your brain. Very

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powerful ways of stopping brain inflammation. Things like basil, cilantro, parsley, thyme, sage, dill, rosemary, as well as mint. So, eat more of these fresh herbs, add them to your diet.

Now, the cool thing is that you can actually grow them at home. They're really easy to grow. There's simple kits that you can buy online, and put these kits by your window sill and let them grow. Just add water and watch them grow. Really simple, easy uptake. And from there, you can have fresh herbs every single day that you can eat from. Very powerful antioxidant, anti-inflammatory compounds in these herbs. In addition, I also encourage you to take these fresh herbs or any herbs that you do get from the grocery store and put them on your table, your kitchen table, or your dining room table. So, you can snack on them before your meal. When you just have a pile of these herbs on your table, just snack on that before you have your main meal and your main course, because when you do that, it triggers your digestive juices to begin flowing in and helps aiding with digestion.

So, there you have it, one pro-tip, as it relates to eating right for your brain, is to add fresh herbs to your diet. And in addition to that, I also spoke about feeding your microbiome, one of the key principles when it comes to eating right for your brain. And what I mean by that is your microbiome is the community of bacteria as well as different types of organisms that exist in your digestive system. And research has shown that a healthy microbiome is intimately related with not only a healthy immune system and healthy digestive system but also a healthy brain in what we call the 'gut-brain connection.' So, the community of microbes and microorganisms that exist in your gut have a powerful impact on your brain health. Some great ways to feed your microbiome is by eating probiotic foods as well as prebiotic foods.

Probiotic foods refers to foods that have naturally high sources of good bacteria. Things like kimchi, sauerkraut, miso, pickles, as well as dairy-free yogurt and dosas. Dosas, by the way, are a common dish found in South Indian cuisine that are like a thin pancake or crepe that are made from fermented batter, predominantly made of lentils and rice. It's a fantastic way of getting healthy levels of probiotics and a new way that you might not have had before. Delicious. My point is probiotic foods are a fantastic way of feeding your microbiome.

In addition to that, there are what are known as 'prebiotic foods.' Prebiotic foods are things like garlic, onions, leeks, asparagus, konjac root, or flax seeds. Prebiotics refers to types of dietary fiber that you're friendly bacteria—the probiotics—feed off of. When probiotics are in your digestive system, when they eat the prebiotic foods—let's say, for example, you eat some kimchi that has some garlic in it—the probiotics in the kimchi will actually eat the garlic and release byproducts from that digestive process that are very healing for your gut and your brain. The point is in order to feed your microbiome and have a healthy digestive system, so you can have a healthy brain and stop brain inflammation, choose foods that both have probiotic foods as well as prebiotic foods.

Again, there certain foods that you want to add to your diet. Maybe you don't eat enough probiotic foods like fermented foods or enough prebiotic foods. So think of a few categories of foods that you want to add to your diet. Take a few moments right now. Jot that down in your notes and/or in the notes section of your brain health roadmap. I'll give you a few moments right now.

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Okay. Great job. Those are two types of food to help feed your microbiome for better gut, immune, and brain health—probiotic foods as well as prebiotic foods. Be sure to add a few of these into your diet if you're not used to eating them.

Before we go over the top five foods to avoid now, here's a few common pitfalls to watch out for: When we discussed eating healthy fats as well as healthy oils and that your brain is made of sixty percent fat, it's so critical that you increase your levels of healthy fats, especially if you haven't done that yet. The thing is, a lot of patients I work with who learned this, or students of mine, they'd start to increase those levels of healthy fats right away and too quickly. And many times, or perhaps you've tried this already, you've tried increasing your levels of healthy fats, or perhaps you've tried taking olive oil or tried eating more avocado, as an example, and you don't end up feeling well. Perhaps you feel indigestion, or I've had some patients who end up feeling nauseous and dizzy from taking too many fats and eating too many fats.

If that's the case for you, you might want to try some digestive enzymes and/or bile salts to help with the digestive process. Because if you do experience symptoms, whether it's digestive or even brain symptoms from eating fat and incorporating fat into your diet, most likely you have a problem with fat digestion. One simple way of overcoming that is through the use of digestive enzymes, as well as bile salts to help with digestion. In addition to that, there are natural compounds known as 'bitters' or 'Swedish bitters' that you can look for that also aid in the breakdown of fats.

If that sounds like you, if you've had trouble digesting fats in the past, or as you start off trying to incorporate more fats into your diet, moving forwards, and you experience digestive symptoms or even brain symptoms, then do try out some digestive enzymes and/or bile salts or check out some bitters to help with that process.

In addition to that, if you're feeling worse after making changes, check to see if you're not eating a ton of something new that you weren't really eating before or to the same level that you are after you made those changes. I've worked with so many patients over the years and students who I taught that once they began to incorporate new foods into their diet, they ended up eating way more of that specific type of food, but they weren't feeling any better, and some were actually feeling worse. And we explored and found out, oh my goodness, they're eating more of this new food.

Say, for example, one comment when I see it—oatmeal. Maybe they weren't eating that much oatmeal, but they're like, *Oh, I want to eat more oatmeal now, or I want to eat a lot more avocados*. But either they had an issue with fat digestion, or they had an issue with the oatmeal, like maybe they had a food sensitivity, and they ended up feeling worse. So, if you feel worse after making changes, make sure and just look back and figure out, is there a certain food that you're eating way more of that perhaps might be triggering some symptoms? Try cutting that out or cutting it down and see if you feel better, and that could be your culprit. Then that means that you either just have to eat less of that food, or you just need to avoid that food for now. Okay? So that's one very common pitfall that I see with a lot of patients and students over the years.

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There we have it. The top five foods to eat to stop brain inflammation and heal your brain. The next section for the top ten foods to eat and avoid, we are now going to explore the top five foods to avoid. We've covered some of the yummy antidotes, the top five foods to eat; those were the yummy antidotes. Now, the top five foods I'm going to be sharing with you now, these are some of the most common triggers to avoid to stop brain inflammation. By avoiding these foods, you will keep brain inflammation at bay.

So, top five food to avoid, number one, inflammatory foods. Inflammatory foods refer to foods that have certain compounds in there, as an example, dietary proteins or high levels of refined sugars that can trigger inflammation. Two of the most common ones that relate to dietary proteins triggering inflammation are gluten and dairy. Gluten is a protein found in many different types of grains such as wheat, and rye, and barley that have been shown to trigger massive inflammation in not only the digestive system, but for some people who have neurological symptoms, can trigger inflammation in the brain. In addition to that, dairy is also the second most common one. There is a protein found in dairy that's known as 'casein,' C-A-S-E-I-N. Casein has been shown to have very similar properties as gluten does.

Both of them are proteins, and proteins, as I mentioned earlier, are made up of amino acids. Amino acids, you can think of as like a name tag. The thing is, people who have issues with gluten or casein or dairy, when they eat them, their immune system sees that name tag, and it launches an inflammatory response, and it triggers inflammation that can not only impact their digestive system, but can also impact the nervous system. That being said, the name tag of the gluten, the name tag of the casein looks very similar to the name tag of specific brain tissues. Things like your prefrontal cortex, or things like your brain stem, or things such as this area we call your 'cerebellum,' they have very similar protein amino acid structures, meaning similar name tags as gluten and dairy. Once your immune system launches an attack against gluten, against dairy, there can be collateral damage. My point is gluten and dairy can trigger not only body inflammation but brain inflammation.

The third most common inflammatory food that I see is refined sugars. Things such as cakes, cookies, ice cream, soda pop—foods that are very high in refined sugars, even things such as high fructose corn syrup—those are especially damaging to the brain when eaten in high quantities. Because like I mentioned earlier, when you eat foods that have high levels of sugars, especially refined sugars, it triggers an insulin spike. It's the hormone that helps you process sugars. So, this big blood sugar spike—insulin spike—that in and of itself can trigger brain inflammation. And so, for that reason, refined sugars are the third most common inflammatory food. Gluten, dairy, and refined sugars best to avoid to stop brain inflammation. The number one food to avoid is inflammatory foods.

The second food to avoid are what are known as 'highly processed foods.' Things such as packaged foods, things such as fast food—very highly processed. When we talk about the general principles of eating right for your brain, we want minimal processing. As an example, I'll give you an example of minimal processing, no processing, and highly processed food. No processed is carrots, and then you can have minimally processed food that could be carrot juice, and finally, highly processed food is carrot cake. When you eat carrot cake, all the processing involved, as well as the high amounts of refined sugar, can be very damaging to your brain.

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Another example of no processed, minimal, and highly processed is apples. Apples have no processing, and they're very nutritious. They have high amounts of therapeutic value for your mitochondria—no processed food. Minimal processed food is things like apple juice, higher levels of sugar, more processing, less of the healthy compounds, the natural compounds that are great to decrease inflammation. And then finally, highly processed is apple pie. When choosing between apples, apple juice, and apple pie, guess what? Picking the minimally processed or no processed food such as apples is the best way to go. Very important to avoid highly processed food because this is the second of the top five foods to avoid.

The third top five food to avoid is food chemicals. In fact, these chemicals are not foods at all. Things like food additives, food preservatives, artificial colors, artificial sweeteners, they're found in many different foods, especially processed foods. That's, again, one of the reasons why you want to avoid highly processed foods, but especially processed foods that contain additives, preservatives, artificial colors, and/or sweeteners. One of the most common food additives is what's known as 'monosodium glutamate,' otherwise commonly known as MSG. The thing with MSG that's so deadly is because it can trigger a toxic reaction in your brain and literally create not only inflammation but also brain cell death. It's a fancy term we call 'excitotoxicity.' The excito part means it excites your brain cells to the point that they can't handle it, and they pass out and die. Not good when it comes to brain health. In addition to that, the toxic part meaning is those compounds are very toxic for brain health. So, excitotoxicity.

The thing with MSG, though, in addition to being toxic for your brain, most people think it's just found in things like Chinese food. Well, in fact, no. MSG is found in many different types of processed foods. Hidden sources and names of MSG are things like glutamate or yeast extract or hydrolyzed protein, yeast nutrient, and/or textured protein. And there's actually a bunch of other ones that the food industry is always adding to the mix to help mask it. My point being is when you are trying to avoid things like MSG, it's not just about not eating Chinese food. It's about reading labels, especially if you do eat processed foods—read labels. And make sure that the processed foods that you're eating, on the box or on the can doesn't have any of the hidden sources of MSG.

We have a handout for you, a download that you can download in your member's area. If you go to the member's area, you click on the link, you can access the handout that has a list of the most common names, the hidden sources of MSG, as well as other names for the food preservatives, artificial colors, and artificial sweeteners that you want to avoid, the quote-unquote food chemicals. So, that's the third top food to avoid is these food chemicals.

Next, number four of the top five food to avoid is trans fats. So, trans fats are a form of fat that are both found in nature but also, again, found in high amounts in many types of processed foods. Things like fried foods or baked goods, packaged foods, margarine, as well as partially hydrogenated oils. Many of these foods contain what are known as trans fats. And trans fats in the research have been shown not only to be really bad for your brain health but also increase the risk for stroke as well as heart attack. Really bad for your brain, your cardiovascular system, as well as your heart.

The main reason why trans fats are so bad—one of the main reasons—is because, like I mentioned to you guys earlier, when you eat fats, the fat you eat in your diet becomes incorporated into your brain

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cells. Now, the healthy fats I described earlier, like the omega-3 fatty acids or the monounsaturated fats, those are pretty fluid. Meaning the chemical structure creates a level of fluidity, so then when it becomes embedded into your cell membranes, there's fluidity. And the more fluid those membranes are, and the synaptic structures are, the better the communication is. So, with things like healthy fats like from fish or from avocados or olive oil or coconut oil, you have more fluidity.

But with trans fats, those fats are very rigid due to the chemical composition. The more rigid the cell membranes are, the worse the communication is, number one, and the more fragile it is, number two. And in addition to that, trans fats have just been shown to increase levels of inflammation in your brain and your body. So, for all those reasons, trans fats are the fourth food to avoid.

Finally, before we wrap up here, this section, the top fifth food to avoid to stop brain inflammation are seed oils. Now, I remember when I learned about this, I was so surprised. I'm like, *Seed oils. All these oils are bad for you? Soybean as well as corn? I thought these vegetables were super healthy.* Well, the thing is many of these seed oils that are listed, they're very high in what we call 'omega-6 fatty acids.' So, we talked about omega-3 fatty acids earlier. Those are very crucial for brain health because they help improve cellular communication, and they also help to put the brakes on inflammation. The thing is one of the key things we're looking at when we talk about inflammation is the ratio, the balance between omega-6 fats and omega-3 fats.

We want higher levels of omega-3 fats overall, or at least the ratio. We don't want too many levels, too much omega-6 fats to omega-3 fats. Because when that happens, that is a very powerful trigger for inflammation in the body as well as in your brain. And so, these seed oils—soybean, canola, corn, rapeseed, cottonseed, safflower, sunflower, as was peanut oils are very high, and they raise the levels of omega-6 fatty acids in your body, as well as your brain. And research has shown it's been linked with depression, anxiety, cognitive decline, and even something as serious as dementia.

In addition to that, these seed oils are very unstable, and they become rancid very easily, and that can trigger free radicals—those harmful compounds that could damage your DNA as well as your brain cells. Also, due to the manufacturing process, many of these seed oils also contain harmful additives and are made from GMO crops. For all those reasons, it's very good to avoid seed oils as much as possible.

So there you have it, ladies and gentlemen, the top five foods to avoid. These are some of the most common food triggers of brain inflammation. Number one, inflammatory foods such as gluten, dairy, and sugar, refined sugars in particular. Number two, highly processed foods. Number three, food chemicals that actually aren't food to begin with. Number four, trans fats. And finally, number five, seed oils.

Before we wrap up this session, let me speak to you about a common situation and scenario that I see for people who are trying to change up their diet and avoid these top five foods. Many of you out there might already have heard about gluten and dairy, and you might already be eating gluten-free and dairy-free and low sugar. If you are, awesome. Now, the thing is, if that's the case and you're still experiencing symptoms of brain inflammation, there could be deeper imbalances triggering that, other hidden forces.

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Things like gut inflammation, things like hormone imbalances, as well as toxins. That being said, it's best to work with a practitioner to help you identify what those are.

But in addition to that, a more common thing to address first, there's actually other common food sensitivities that you might not have gotten rid of. The most common ones, in addition to gluten as well as dairy, are things like corn, soy, and eggs. So, if you're eating gluten-free and dairy-free as well as you're eating low sugar, and you're still experiencing symptoms of brain inflammation or perhaps digestive symptoms as well—number one—it could be a deeper imbalance, and I encourage you to find a practitioner to work with to help you identify that. But before doing that, if you don't have access to somebody, you might want to try removing the other common food sensitivities. And though the most—the three other common ones are corn, soy, and eggs. In addition to that, very common other food sensitivities that can trigger inflammation in the brain are things known as 'lectins' as well as 'nightshades.'

Be sure to check out the list of the most common ones that can impact your brain. I put together a handout for you called 'The Possible Food Triggers.' These are the most common of all the different food triggers that can trigger brain inflammation that the research has shown, as well as what I've seen in clinical practice for many, many years, as well as healing my own brain. Be sure to download that handout, and you can find that in your member's area. So, download that handout. You might have other food sensitivities triggering brain symptoms and/or digestive symptoms. Or, perhaps if you also have brain symptoms and joint symptoms as well, maybe you have a nightshade or lectin sensitivity.

Again, my point is, even if you've tried some of the foundational—got rid of the top five foods, as well as the foundational foods, like gluten and dairy, you could have other food sensitivities, the most common ones—corn, soy eggs, as well as lectins and nightshades. And I have a list of the most common ones, what lectins are—the most common types of lectins, as well as nightshades. And it might be helpful for you to also experiment and get rid of these categories of foods. Try getting rid of them one at a time, one category at a time to see if that resolves your brain symptoms. Don't worry, you have the handout in your member's area. I got you covered.

That being said, one other common scenario I see as well. Many patients I've worked with, as well as clients and students I've taught, is that if you haven't tried going a hundred percent gluten-free or dairy-free, then be sure if you do go for it, do commit to it for at least thirty days, one hundred percent. So, if you haven't tried gluten-free or dairy-free, or if you've kind of dabbled with it here and there, I encourage you to go one hundred percent gluten-free and dairy-free and to really challenge yourself with low sugar for thirty days—one hundred percent. Because if you've just dabbled with it, even though you've maybe cut and reduced your gluten intake by fifty percent, you still have an inflammatory response happening if you have issues with it. The only way to really know is to put it to the test and going one hundred percent gluten-free, dairy-free, and low sugar for a minimum of thirty days.

It may seem hard if you've never done that before. If you've never gone a hundred percent for that amount of time, but it could be a game-changer for you and your health. It was for me and for the thousands of patients, many of them I worked with over the years, as well as the students I taught. So, if

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you haven't tried going gluten-free a hundred percent yet, or dairy-free, I encourage you to do so one hundred percent for a minimum of thirty days and see how you feel.

That being said, ladies and gentlemen, those are the top ten foods to eat and avoid. I shared with you the top five foods to eat more of, as well as the top five foods to avoid. These are the most common antidotes, as well as triggers of brain inflammation. So, by eating more of these, as well as avoiding the inflammatory triggers, you can help stop brain inflammation, naturally, shift the balance of your microglia from the warrior to the nurturer, and heal your brain at the source.

Here's a few do's and don'ts before we wrap up this week's session: Do plan for success. What do I mean by that? If you're going to commit to this process, which if you haven't yet, I highly encourage you to do—plan it up. Make sure that you're stocked up with the different types of foods you want to eat more of, and if there are certain foods that you want to avoid, get rid of them. If you're just like, *Oh my goodness, Dr. Chiu. I just bought a whole bunch of my favorite type of bread, and I don't want to waste it.* Okay. Finish that up. Don't waste your food. Finish that up, and then get rid of it. Make sure moving forward when you commit to that process, you set yourself up for success by planning out. You have plenty of foods that you want to eat more of in your cupboard, in your fridge, and getting rid of the foods that you want to avoid. That way, you will set yourself up for success.

And also, be sure to get rid of the toxic foods as well. So, all the information that I shared with you that you also have in your handouts—the possible food triggers, as well as the food additives and the processed foods and all those different types of food colorings and preservatives—you have a whole list of the different, most common names of those. Download that list, look through them, and then read the labels of the foods that you currently have in your fridge and your cupboard, as well as the foods that you are going to buy moving forward to the grocery store or even when you're out eating. Don't be bashful. Don't feel embarrassed to ask.

We'll do that when we go out to eat at a new restaurant. Sometimes, we'll ask them, "Hey, is this gluten-free?" "Is it dairy-free?" And many times, especially if it's a restaurant that we're going to go to a lot moving forwards, that we plan on going to, we'll do the research. We'll ask them, "Hey, do you mind that we take a look at the bottle of soy sauce that you have?" Or the bottle of whatever type of sauces they're using, and we'll read the label to make sure that there isn't MSG or some disguised name of MSG, like yeast extract, as an example.

So again, plan for success. Download the handouts that we have in your member's area with a list of the most common foods to avoid, as well as the list of the hidden names of different types of additives and preservatives and begin reading those labels and stop purchasing those foods moving forwards, and either finish eating those or donate them or get rid of the ones in your cupboard that just aren't food, to begin with. Be sure to plan for success, stock up the right foods, get rid of the wrong foods, read labels moving forwards.

And the second thing is: Become aware. Like I said, become aware not only by reading labels of different types of foods that you're going to be purchasing moving forwards but also become aware of the impact that these foods have on your brain and body. Do you feel bad after eating a certain thing, type of food?

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If you eat sugar, if you drink soda pop, just become very in tune with how you feel. Do you get moodier? Do you get more irritable? Do you have a bunch of energy, and all of a sudden, fifteen minutes later, you're asleep on the couch, and you feel brain fog and brain fatigue?

My point is you want to become aware, like I said earlier, what are your triggers, what are your worst triggers because, guess what? That's personal to you. You want to start avoiding them. What are your best antidotes? Again, that's personalized to you. It's specific to you and your brain. What are your best antidotes? When you eat more of those foods, you feel better because when you create that awareness, you can then take all the information that I'm sharing with you and personalize it to your brain health roadmap moving forward, so you're empowered with the specific—not only information—but actions you'll need to take, specific to you and your brain, to heal at the source and transform your life.

So, become aware. And the thing is to watch out for that when it comes to, as an example, the inflammatory foods that we described. Sometimes the inflammatory process takes a few days or even weeks to calm down. As an example, if you stop eating gluten—and I have a lot of patients and even myself—I dabbled with it for a little bit, and I tried. I removed gluten from my diet for about five days, and I'm like, *Yeah, I did it.* I didn't feel much different, so I was just like, *Ah, it doesn't matter. This doesn't impact me at all.* So then I just continued eating gluten, but I didn't realize at the time that when I eat gluten, it triggered an inflammatory response, and then it took a few days—it took over a week for that to calm down within my brain and body. So, by the time I started eating it again, the inflammation hadn't gone down completely, so I didn't recognize any of the benefits.

Become very aware of the triggers and how they impact you, but one thing to watch out for and realize is that the inflammatory process can take up to a week, sometimes two weeks, to really clear out. That's why I encourage you if you've never done it before, if you commit to this and really want to find out, *Does gluten impact me? Does dairy products? Does refined sugars?* Commit to it for at least thirty days so that way you get to clear out the inflammation. And then, from there, around Week Two or Week Three, you start to reap the benefits of that. The only way to find out, though, is to put it to the test and also become very aware of how these foods impact you—both the triggers as well as the antidotes.

And one thing you can do is keep a journal. I encourage you to keep a journal and write down. When you do start experimenting with these things, keep a journal of the different types of symptoms if they start to clear up. And then once you go through that process and you're able to commit for thirty days, when you start introducing the foods back into your diet, like gluten or dairy, keep a journal, as well, of how you feel. One thing to become aware of is not only does the inflammatory process take about two weeks in some people for the fire to be put out, the brain inflammation to be clear, it also sometimes takes two or three days for the inflammation to be triggered. It's what we call a 'delayed sensitivity,' 'hypersensitivity reaction.'

As an example, again, for me and gluten, I never made the connection between my brain symptoms and gluten because it wouldn't be like a one-on-one. It wouldn't be like I eat a piece of bread, and immediately I felt terrible, and I felt irritable and brain foggy. It would take up to two or three days for the inflammation to happen from that piece of bread, as an example. When I would eat a food, it wouldn't trigger it, and I wouldn't make an immediate connection. And it wasn't until I removed the

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food for thirty days—one hundred percent, cleared the inflammation—and then I tried eating gluten. But I gave myself three days of eating it, and then I realized on day two, *Oh my goodness. I'm having the inflammation, the brain fog, and the fatigue that I stopped having after I went gluten-free for thirty days. I started to have it two days after I had that piece of bread.* The only way I knew that was because I became very aware of that and kept a journal.

My point is, as you're going through this process, become very aware, and I encourage you to keep a journal to do that. Not only in terms of if you feel better as you avoid the foods and you eat more of the foods to eat but when you reintroduce the foods after that thirty days, that you commit to. We have a journal for you, a re-introduction journal in your member's area, so download that. That'll be very helpful for after you've gone through the thirty days. You can use that journal to keep track of any symptoms that you might be having after you go on that thirty-day reset. And in addition to that, do your best. That's a thing. I know that not everyone has access to the cleanest sources of food, right? Not everyone has access to local farms and can get organic food, or you might not choose to invest in that even if you had the ability to do so.

My point is, do your best. Any movement towards a better situation of the ideal that I'm laying out here for you, like all this information, it's like the ideal, and it took me years to implement these changes. Number one is because I just didn't know about them, and I had to gather the information and research and study it and read journals and apply it to my own life. I've laid it all out here for you. So, one of the reasons why it took me so long is because I just didn't know, but number two, it's changes, lifestyle changes. Do your best. Any movement, any change towards the ideal, is better than no change at all. As an example, if you're used to eating very, very highly processed foods like apple pie, try doing apple juice, and then with apple juice, see if you can get organic or stuff that is— Make your own apple juice as an example. The more that you can get to that mentally processed ideal, the better. So, just do your best along the way.

Don't limit yourself. You might need to cut out certain foods, but don't limit yourself to the same foods over and over. One of the biggest mistakes I've seen my patients, as well as clients and students make when they're getting rid of the foods to avoid is they then just fixate and focus on one food that they end up eating all the time. Two reasons why that's not good for you: Number one is because your brain gets bored. Your brain needs novelty to stay healthy. So, by limiting yourself to the same foods over and over and over again, it's just boring, and it won't be sustainable then. Again, you might need to cut out certain foods that are inflammatory, that you'll find out as you become aware of your triggers, but as you figure that out, don't limit yourself to the same foods over and over again because your brain will get bored and it won't sustain.

Number two, when you limit your food choices and the foods that you eat, it doesn't build resilience in your digestive system. So, the limited amount of food you eat is training your digestive system, as well as your immune system, that these are the only things that I can handle, and they become very used to that. And so if you end up trying to eat more foods in the future and expand your diet, you're not able to. So, be sure not to limit yourself, especially after the thirty days after you figured it out. And it takes time. I've gone through thirty-day resets multiple times throughout my life. And then the more I become aware of that, and I do my best, then I realize and dial in the best diet for me. But along the way, be sure to keep that in mind—don't limit yourself.

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Obviously, you're not going to continue to eat foods that you find out that trigger your brain symptoms, but from there, focus on all the other foods that I had shared with you in the previous section, the top five foods to eat. There's so many other foods that you can experiment with and eat from and choose to help expand not only your gut resilience but also keep your brain from getting bored and make it sustainable. And don't starve yourself. If you find yourself doing a thirty-day challenge or even starting to make these changes and you're hungry all the time, or you're feeling lightheaded, or symptoms like that, it's probably because you're not getting enough nutrients. Be sure, again, as you're going through this and removing foods and avoiding things like gluten or dairy—especially if that's a big part of your diet—make sure you get enough of the healthy foods, the foods to eat, so you don't end up starving yourself.

And finally, don't give up too soon. Just like I told you before when I got rid of gluten and dairy, I didn't realize that the inflammatory reaction took a few days to happen, as well as the inflammatory reaction took several, sometimes up to two weeks to stop. So, if you give up too soon, you might not recognize that that is actually a trigger for you. So be sure. I encourage you a minimum of twenty-one days, but thirty days is best because if it takes up to two weeks for the inflammation to stop for you, then if you just commit to twenty-one days, you might have that one week of benefit. But my hope for you is not to just get rid of things that you enjoy and love in your life, but for you to empower yourself with the knowledge, as well as the actions to turn your life around, so you can start feeling better. So, twenty-one days minimum of getting rid of the foods to avoid and eating more of the foods that are healthy for your brain. Thirty days is best.

And the thing is, make changes one day at a time. It takes time. I told you it took me many years to build in all of these healthy lifestyle habits as it relates to food. It didn't take me overnight, and I'll be the first to admit, I am a self-professed foodie. I absolutely love food. So, it took me a while to become aware of what the triggers are for me, but then it took me even longer to figure out, *Okay, what are good substitutes for those that can still satisfy a lot of my cravings?* And I'm telling you completely that it's totally possible. I'm still a foodie. I love eating food. I've just discovered the foods that are right for me. My best antidotes did not only feed my brain but also foods that I absolutely love and enjoy, and I avoid the ones that create brain inflammation. So, make changes. It takes time, but take it one day at a time because small changes over time will lead to big results for you and your brain.

So, that being said, we have now wrapped up week number three of the Brain Health Workshop. Wow. I want to acknowledge you for sticking around this long. There was so much information that we went over. Just as a quick review before we wrap up, here's what we did: We explored the world of neuroinflammation, one of the most powerfully destructive, hidden forces when it comes to the health of your brain. And I introduced you to the two types of brain cells, the neurons, and the glial cells, and we took a deep dive into one of the most important glial cells for our conversation of neuroinflammation, and that's the microglia. And I taught you how so very important it is to shift your microglia from the warrior, from that inflammatory destructive expression to that of the nurturer and the healer.

And specifically, I taught you very powerful strategies, simple things that you can do to stop brain inflammation by introducing you to the top ten foods to eat and avoid. We went over the top five foods

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to eat more of, those different categories, as well as the top five foods to avoid. Be sure to download your handout, your brain health roadmap. Fill out the triggers. Fill out the antidotes and look over those additional worksheets that I created for you, so you can start becoming aware of the most common triggers out there. But also, most importantly, the actual triggers and antidotes for you and your brain because once you do, you will be empowered with the information needed to heal your brain and turn your life around.

So, that was this week—neuroinflammation, microglia deep dive, how to stop brain inflammation, and finally, the top ten foods to eat and avoid. Next week, we're going to be taking another deep dive into the world of brain-boosting supplements, nutrients, and botanicals to stop brain inflammation and shift your microglia from the warrior into the nurturer.

Here's your homework from now until next week: Number one, download the foods to eat and avoid cheat sheet. Put together a cheat sheet for you with the list of all the different foods to eat, as well as the foods to avoid. Number two, add one new food to your diet this week. So, look at the section on the foods to eat more of, add one new food that you've never eaten before. Whatever you're drawn to, start eating more of that.

Number three part of your homework is to stop one trigger food. So, on that list of the top five foods to eat, as well as the possible food triggers bonus handout, take a look at that. If you're already eating gluten-free, dairy-free, low sugar, awesome. Congratulations, keep going. I acknowledge you. And if that's the case, then look at the possible food triggers list and choose a category of foods or at least one trigger food to avoid, and see if you feel any different. And if you've never eaten gluten-free, dairy-free, low sugar before, choose one of those foods to avoid and see how you feel. That's the homework assignment. Be sure to do those three pieces, as well as download the handouts, the bonus handouts found in your member's area.

And finally, a thirty-day challenge for all of you. If you've never gone gluten-free, dairy-free, and low sugar, schedule a thirty-day time chunk in your calendar before next week's session and commit to a thirty-day challenge of going gluten-free, dairy-free, low sugar, one hundred percent, especially if you've never done this before. It doesn't mean you have to start before next week's session. What it does mean is I want you to schedule it in your calendar. So, take a look at your calendar moving forwards, find a good time for you and mark it down in your calendar. Write: Day One of the thirty-day challenge. Write that into your calendar.

And for those of you who have already gone gluten-free, dairy-free, low sugar, again, awesome. Good for you. What I challenge you to do is look at the possible food triggers handout list, pick one category of food that you haven't tried getting rid of. It could be nightshades, it could be lectins, it could be the other food sensitivities, like corn or soy, as well as eggs. Choose one of those categories, and in addition to the gluten-free, dairy-free, low sugar, add that to your bucket and do it for thirty days and write that into your calendar.

I know it's hard. I get it. Before we wrap up here, I totally understand how changing your diet—it's difficult because food is so wrapped up in so much for us—our emotions, our previous past experiences,

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and our memories, right? Our good memories and perhaps, some of our bad memories, but food is so intertwined into our being that making changes could be difficult. But I guarantee you if you eat more of the foods that your brain needs and you avoid the triggers that are personal to you and your brain health, your life will never be the same.

Just like it was for me when I made those changes and when I taught my patients and other students and clients, and they identified their triggers and their antidotes, and they made those changes, over time, their brain health completely transformed. I did it, they did it, and I know the same is possible for you.

So, we have finally wrapped up week number three. Thank you so much for your attention. You are now one step closer to being empowered with your personal, very own brain health roadmap. I look forward to seeing you in week number four, where we dive into the world of supplements, nutrients, as well as botanicals. Have a wonderful rest of your week. See you guys next week. Bye for now.