

Your Brain and the Food You EAT

When you were a kid in school did the science teacher ever pour Coke-a-Cola over a raw piece of meat? If he did you saw it IMMEDIATELY dissolve the fibers in the beef. He/she would explain that is exactly what happens to your gut when you drink soda.

Have you ever heard that white processed sugar is the "NEW" cocaine? Did you know sugar will give you the same high as cocaine? Your brain does not know the difference.

Do you know why they serve coffee and donuts at AA meetings? Because the white processed sugar in the donuts gives the same physical and mental satisfaction as does booze to the alcoholic.

So you see we have known for decades the effects food has on the human body. But we have become so obsessed with being in a hurry that we have forgotten the importance of preparing our own LIVING foods and have allowed commercial manufactures to take over that responsibility.

To try to educate us there is a whole new arena of medicine called **Nutritional Psychiatry**. (This information comes from [Where to next](#) a study posted by the National Institute of Health.) **Nutritional Psychiatry** is just coming into existence and beginning to display signs of future potential. A consistent evidence base from the observational literature confirms that the quality of individuals' diets is related

to their risk for common mental disorders, such as depression. New intervention studies implementing dietary changes suggest promise for the **prevention** and treatment of depression.

Finally, new studies focused on understanding the biological pathways that mediate the observed **relationships** between **diet**, **nutrition** and **mental health** are pointing to the immune system, oxidative biology, brain plasticity and the microbiome-gut-brain axis as key targets for nutritional interventions.

[Dr. Drew Ramsey](#), MD Nutritional Psychiatrist – [CBS Sunday Morning](#)

You are what you eat? How nutrition may affect brain health. **Food is medicine.** Eat colorful vegetables, seafood, olive oil, and lots of leafy greens everyday.

Dr. Ramsey says oysters have unique nutrients, making them one of the best foods for depression.

Can't you get those same nutrients out of a multivitamin?

"There's an idea that people have that we can just take supplements and be healthy. And that's simply not true," Dr Ramsey said.

[Read the story](#) and study the brain scans of someone who eats nutritious foods daily compared to someone who eats the "traditional western diet". It is a real eye opener.

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continued

Excerpts From Harvard:

[Your Brain on Food](#) by Eva Selhub MD

Think about it. Your brain is always “on.” It takes care of your thoughts and movements, your breathing and heartbeat, your senses — it works hard 24/7, even while you’re asleep. This means your brain requires a constant supply of fuel. That “fuel” comes from the foods you eat — and what’s in that fuel makes all the difference. Put simply, what you eat directly affects the structure and function of your brain and, ultimately, your mood.

Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function.

Start paying attention to how eating different foods makes you feel — not just in the moment, but the next day. Try eating a “**clean**” diet for two to three weeks — that means cutting out all processed foods and sugar. See how you feel. Then slowly introduce foods back into your diet, one by one, and see how you feel.

When some people “go clean,” they cannot believe how much better they feel both physically and emotionally, and how much worse they then feel when they reintroduce the foods that are known to enhance inflammation. [Read](#) the entire article and be informed.



More good information:

The Guardian - [Can you eat yourself happier?](#) Professor Felice Jacka

As an added bonus, the participants spent a little less on food than they did on their original diets – and probably ended up with bigger brains, too.

[Lisa Mosconi](#), PhD Cornell University books Brain Food and XX Brain - **Prevent Alzheimer's**. Excellent reading.

I am here to help you navigate your way to better health. I will go with YOU to your favorite food supplier. We will pick out what you like and what will fuel your brain and give you the energy you deserve. We will then go back to your kitchen and prepare a feast for your family. [Email](#) me today so we can get started on your road to happiness.