

Diet for Brain Health

Studies show that when the brain has a deficit in essential fatty acids to blame for the four-fold increase in dyslexia, dyspraxia, ADHD and other specific learning difficulties that we have seen over the last 20 years?

There have been many studies that have shown that abnormal levels of fatty acids in the brain could be behind the practical and behavioural problems experienced by dyslexic children and those with dyspraxia and attention-deficit/hyperactivity disorder (ADHD). Many research papers show that underachieving children improved dramatically when their diets had been supplemented with fish oils. The fish oils contain omega-3 fatty acids that are essential for brain development and function but are mostly missing from modern processed foods.

Several products contain fatty acids, and the following two that appear most popular; are 'Efalex' and 'Eye q Micro'. These products include long-chain polyunsaturated fatty acids that play an essential role in developing the eye and brain, especially vision, coordination, memory, and concentration.

A natural approach to fatty acids

If you would like a more natural approach, the best way to consume your essential fatty acids is through your diet.

New research by the Institute of Grassland and Environmental Research in Wales has shown that organic milk contains two-thirds more omega-3 essential fatty acids than ordinary milk.

People who do not want to take fish supplements can take Flax seeds or Flaxseed oil; these are an excellent source of omega 3, (EFA's). The body transforms it into EPA and the EPA into DHA. Many foods contain essential fatty acids, (EFA's), including:

Oily fish, for example:

- *Anchovies
- *Halibut
- *Herring

- *Mackerel
- *Pilchards
- *Salmon
- *Sardines
- *Turbot and
- *Whitebait.

(Salmon has an enormous positive health benefit. It is rich in iron, packed with omega-3 fatty acids.)

Some studies suggest that salmon could boost babies' intelligence when eaten during pregnancy. (You should only take supplements after checking with your doctor.)

Vegetarian/Natural Oils etc

- * Flax seeds or flaxseed oil.
- * Milk – organic milk.
- * Pumpkin seeds & oil.
- * Olive Oil .
- * Soybeans & Soybean oil.
- * Walnuts & Walnut oil.
- * Wheat germ.

There is research to indicate that even minor deficiencies in iron may weaken the immune system and impair general physical performance. Iron deficiency has also been implicated in a number of conditions including, learning disabilities and ADHD. A study in France in 2004, has identified a link between iron deficiency and ADHD. Fifty-three children with ADHD were tested at the Child and Adolescent Psychopathology Department in the European Paediatric Hospital, Paris, and 84% of them had abnormal iron levels compared to only 18% in a control group. There appeared to be a link between the severity of the iron deficiency and the severity of the ADHD symptoms. The study suggests that iron supplements may be useful in treating ADHD.

The best way to ensure an adequate supply of iron is through diet. A diet rich in iron-containing foods is an excellent way to ensure the correct level of iron is maintained.

What foods contain good sources of iron?

Iron can be found in many foods, including

- * Red meat
- * Poultry
- * Fish
- * Eggs
- * Nuts and seeds(soaked & sprouted)
- * Beans(soaked)
- * Dark green leafy vegetables
- * Sprouted Whole organic grains

How would I know if I was iron deficient?

The most common symptoms of iron deficiency are:

- * Dizziness
- * Lethargy
- * Tiredness.

Care must be taken when using iron supplements because iron is not eliminated well by the body and you could end up with having too much iron in the body – which can be toxic. Before taking supplements of any kind you should always take advice from your medical practitioner.

Zinc is one of our body's most essential trace minerals. Some research studies have shown that people with dyslexia and other learning difficulties have been linked to a deficiency of this mineral.

What does zinc do?

Zinc is an essential mineral that plays an integral part in the body's immune system. Zinc also helps to maintain fertility in adults, growth in children and boosts the immune system. A shortage can affect the healing process because the body cannot store it; therefore, we must eat enough in our daily diet to stay healthy.

While Zinc can be found in many foods, it can be easily blocked or destroyed by various things, including tannin (found in; tea, coffee and alcohol) and food colourings and additives.

How would I know if someone was zinc deficient?

The most common symptoms of zinc deficiency are:

- * Lack of appetite.
- * Skin problems
- * White marks on fingernails
- * Dandruff
- * Loss of taste sensation
- * Tiredness.

Where can zinc be found?

Zinc can be found in many foods, including:

- * Lean meat
- * Liver
- * Cheddar cheese
- * Chicken
- * Eggs
- * Wholemeal sprouted bread, wheat germ
- * Whole grain organic cereals
- * Dried beans : soak first!! (black-eyed peas)
- * Fish (particularly herrings)
- * Tofu
- * Seafood.

Zinc: Research and Dyslexia

There is some research to show that children with dyslexia and ADHD are zinc deficient. However, this research is still in its

infancy, and a lot more work needs to be done to give us all a clearer picture.

Fatty Acids & Vegetarians

If you are a vegetarian, you can still get your fatty acids from several different things, including:

- * Flaxseed Oil
- * Flaxseed, Ground
- * Rapeseed Oil
- * Walnuts
- * Tofu.

We are constantly exposed to heavy metals & toxins in our environment. We need to annually cleanse the body from these toxins. If we have never cleansed before it is best to work with a healthcare professional to best renew our health. These are the basics to heal.

Four R's: Remove, Repair, Replace, Reinoculate & Repair.

Reduce EMF exposure. Must have deep sleep biorythms.

Remove all toxins in the home : BPA's, Scented candles, unnatural scented products of any kind. Limit exposure to Phosphates & sulfates: Sodium Laryl sulfate, found in dish soaps and body care products.

Cook ONLY on stainless steel pans. Ditch the toxic teflon releases cadmium into the food.

1. Start to eat clean foods. Buy Organic only! Start with a slow switch. No processed foods. Or low processing!
2. Environmental toxins need to be slowly cleaned from the system. We need slow digestive cleansing & Intermittent fasting in the morning.
3. 4 MONTH VEGETARIAN DIET TO LONG TERM CLEANSE THE BODY.
4. Elimination supplements: Medi Clay, Pectin, silica (removal of heavy metals)

5. After long slow cleanse, you can slowly add small amounts of meat back into your diet.

Supplements & herbs:

14 mushroom blend

NAC: N-acetyl cystine: cellular detox. 1 daily

Aloe ferox: South Africa medicine to heal the gut

Blueberry with probiotics taken daily(blueberry skins are a substrate for probiotics.

Ferments

Chiaseeds

flaxseeds

Marshmallow Root tea: drink often as possible

Pysllium husk

Essica tea

Kelp: Larch Hansen: Maine Seaweed Co Maine. Laminara Digitata

Fo Ti Root

milk thistle

Cleanse for 1 solid month intense yet slow cleanse with soft foods and mucilag foods and Toxin Binder mix and consume 30min before eating Earth ball & food.

Earth Ball recipe: Pysllium, chiaseed, & or flaxseed (grind in coffee grinder) cacao powder, stevia, raw ground seeds. Roll into balls. No nut butters during cleansing.

Eliminate from diet to cleanse:

Artificial flavors etc, chicken. turkey, corn, dairy mix, sugar, wheat/ gluten, caffiene, cheese, citrus, tomatoes, nightshades: white potato, tomato, peppers, eggplant, sulfites, vinegar, whey, yeast, meat, melons, & Soy.

MEAL PLAN

Shopping lists:

Vegetables & fruits are based on clients likes and allergy concerns. 90% of diet

Beets, Kale, collards, lettuce, okra, olives, onions, parsnips, peas, pumpkin, radish, rutabaga, shiitake mushrooms (seasonal mushrooms when available), string beans, summer squash, sweet potato, swiss chard, turnip, watercress, winter squash, mustard greens, broccoli, cauliflower, Brussel sprouts, asparagus, cucumber, zucchini, apples, kiwi, lemon, limes, papaya, pears, pomegranate, raspberry, strawberry, blueberry, avocado, spring mixed salad greens, arugula.

Dairy: Eggs & Organi Butter small amounts.

Oils: Olive oil, coconut, avocado

Nuts & seeds: Raw organic: Almonds, Pumpkin seeds, sunflower seeds, flaxseed, chia seeds, hemp seeds.

Grains: Buckwheat, amaranth, barley, millet, teff, quinoa, wild rice, oats.

Herbs: Burdock, dandelion, red clover, nettles, purslane,

Spices & culinary herbs: Basil, cardamon, coriander, caraway, celery seed, cinnamon, cumin, fennel, garlic, ginger, horseradish, Rosemary, thyme, tarragon, turmeric, miso, nutmeg, lecithin, oregano, oregano, paprika, parsley, pepper Celtic Sea salt or pink Himalayan.

Sweetener: stevia, honey

fermented foods: sauerkraut, kimchi

Sea vegetables: Kelp & nori.

Proteins: Wild caught Fish, Sprouted Organic tofu, almond butter, tahini.

After 1st month.

Dried fruit: Dates, Apricots, Raisons.

Nuts & seeds: Raw only sunflower seed, Pumpkin seeds, Almonds, Cashews.

Other supplements needed : Chlorella, trace minerals, magnesium, acerola cherry, spirulina, 14 blend medicinal mushrooms, Quicksilver scientific-Ultra Toxin Binder, essiac tea.

No pain medicine: NSAIDS: chemicals and damage the liver.

Cruciferous brassicas kills cancer cells with the natural chemical sulforaphane.

No gluten:causes leaky gut y rupturing the segments between the lining of the intestine.

Daily breakfast choices:

- Oatmeal, buckwheat(sprouted /soaked overnight) with choice of apple, blueberry, strawberry.
- Chiaseed pudding w blueberries.
- Bowl of fruit with Flaxseed on top, grind flaxseeds in coffee grinder and mix with raw fresh almond milk(homemade from soaked almonds) & fresh fruit mixed. Sprinkle with cinnamon & a couple drops of liquid stevia.

Or

Smoothie after 1st month.

- Almond milk (sprouted almonds & 1 date) homemade with blueberries & strawberries. 4 drops stevia extract.
- Green vibrance blend or chlorella & spirulina, chia seeds, flaxseeds(grind 1st) blend in fruit from list.
- Veggie & tofu(sprouted only, after month cleanse) scramble with flaxseed flatbread.
- pouched eggs with veggie scramble steamed 1 piece of flaxseed flatbread.
- Fruit bowl with sugar free granola-sunflower seeds, pumpkin seeds, cashews- homemade baked recipe no oil.

Teas:Nettles, Red clover, essiac tea 1x/day empty stomach

- Turmeric & ginger lemonade.

Snacks:

- fruit: strawberries, blueberries(**take probiotics with blueberries it bonds with the skins carrying them to the lower gut**), apples, pears.
- flaxseed flatbread

Lunch choices:

- White northern Italian bean salad, sauerkraut, chopped salad, olive oil, Italian herbs, finely shredded zucchini.
- Pinto bean & cooked greens, with brown rice.
- Spaghetti squash tomato sauce,crumbled sprouted tofu & mushroom medley.
- Steamed veggies.
- Salad with shredded zucchini, wild rice, shredded carrots, sauerkraut, Turmeric salad dressing.

- Zucchini noodles with pumpkin seed fresh green herb pesto.
- Kelp noodle salad Vietnamese style-all veggies you have chopped in.
- Tofu meatloaf(meatless) mushroom, chopped veggies, flaxseed, walnuts ground, nutritional yeast.
- Broccoli no chez soup with cashews & nutritional yeast.
- Carrot & root veggie soup with cashews & nutritonal yeast.
- Massaged kale salad. With ground almonds, chopped mixed greens, shredded carrots, radish,shredded zucchini, season with garlic & onion powder sea salt.

****Only use Olive Oil fresh. All meals are prepared/cooked in water steamed and cooked in segments according to length of cooking time for each vegetable. Then topped with sauce or light olive oil & herbs or garlic for flavor. Never cook garlic first ruins the garlic, making it acrid.**

Dinner Choices:

- Kale or collards w cashew cream sauce. Finely chopped greens, grind 1/4c cashews in coffee grinder w Italian herbs.
- Sweet potato baked or steamed.
- Wild rice with 14 mushroom blend mushrooms.
- Split pea soup.
- Red lentil curry(no spice) turmeric ginger coconut milk.
- Forbidden rice.
- Steamed veggies.
- Seedy vegan burgers- brown rice, shredded carrots, Italian herbs, nutritional yeast, flaxseed, sunflower seed, pumpkin seed.
- Steamed seasonal Organic veggies.
- Steamed swiss chard.
- Savory winter squash baked.
- Poached salmon with ginger almond sauce(after cleanse).
- Miso and kelp soup with seasonal mushrooms.
- Roasted veggie medley(seasonal root veggies)
- Winter squash.
- Quinoa with fresh veggies & green beans.
- Gluten free flaxseed flatbread pizza topped with roasted tomatoes, raw pumpkkn seed crumble and a little goat cheese.

-Sweet potato

Flaxseed flatbread recipe: Grind flaxseeds in coffee grinder 1 cup ground, 1 cup sunflower seeds, 1 cup pumpkinseeds, mix with water until cookie dough consistency, add 1 TB of favorite herbs, garlic powder, onion powder 1 teas each, 1 TB sea salt. Spread on parchment paper and bake in oven.