

Manage Your Mood and Memory

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Nutrition for Optimal Wellness Seminar

- ❖ Some causes of poor memory:
 - **Poor nutritional status:** (low vitamin B-12, low antioxidants)
 - **Free radical damage** ←→ inflammation > “toxic sludge”
 - **Toxic trans fats in hydrogenated oils, French fries, margarine, shortening**→ clog arteries & impair neurons > inflammation > “the brain on fire”
 - **Poor circulation due to atherosclerosis**→ low oxygen supply to brain
 - **“toxic sludge”** > Alzheimer’s, senility, strokes, etc.

- ❖ Essential Fatty Acids for mood & memory: Be a “fat-head”
 - **Fatty fish:** salmon, sardines, and herring for omega-3’s (EPA & DHA) **cod liver oil**, flax seeds and **flaxseed oil**. These are **anti-inflammatory** and keep blood from clotting abnormally. They can help prevent strokes and heart attacks. *Avoid large amounts if taking Coumadin / warfarin.*

- ❖ Eat a wholesome nutrient-dense diet:
- ❖ Fresh fruits and veggies; min 5-a-day Vitamin C and beta-carotene helps memory.
 - Protein foods: eggs, fish, lean meats, poultry, beans, soy
 - High complex carbs/high fiber: oatmeal, Ezekiel bread®, Kashi® brown rice,
 - Snacks: fruit, raw nuts and seeds, trail mix, almond butter, etc.

- ❖ Things to Avoid:
 - Sweets, smoking, aluminum, aspartame / Nutrasweet®, MSG (brain damaging)
 - Worry, stress, sedentary habits “Move dem bones!”

- ❖ Dietary Supplements for Improved Memory and Mood
 - **Antioxidants: Slow down the aging process, fight free radicals**
 - **Vitamin E:** most important antioxidant for protection of brain
Choose d-alpha & gamma-E and NOT SYNTHETIC (d-l alpha) brands!
 - **Ginkgo biloba:** antioxidant, increases blood flow & memory, reduces blood stickiness.
Avoid ginkgo if taking Coumadin / warfarin.
 - **SAMe** (s-adenosyl-methionine): natural brain constituent. Aids arthritic joint repair, depression, helps liver function, and genetic repair. *Safe, naturally found in the body.*
 - **B-12 lozenges** (1000-2000 mcg) aid mood, memory & energy.
 - **B- 50 complex or Stress B-complex**

- B- vit deficiency symptoms:** irritability, depression, insomnia, fatigue, poor appetite

- **Huperzine A (Chinese club moss):** improves memory & alertness better than meds w/o side effects in several studies. Avoid if you have hypertension.
- **Acetyl L-Carnitine:** an amino acid that aids memory. Naturally found in the body.
- **Rhodiola:** Former Russian herbal secret. Has amazing ability to reduce effects of stress and aging, improve mood, energy, libido, memory and concentration.

- **Phosphatidylserine** –brain phospholipid which aids memory, insomnia, depression, anxiety. Lowers the “stress hormone”, cortisol, Naturally found in the body. Safe.
- **Phosphatidyl serine bound to DHA is proven to aid brain function, memory**

Jim’s simple hints:

- Improve circulation with exercise
- Get an “oil change” with **phosphatidylserine and omega-3 fats** (EPA/DHA)
- Take a good multiple vitamin (many good ones at Fruitful Yield)
- Look for Brain and Memory formulas which include a combination of the above.
- Eat your veggies and..... say your prayers.

Resources

1. Mind Boosters by Ray Sahelian, M.D.
2. The Brain Wellness Plan by Jay Lombard M.D., and Carl Germano R.D., C.N.S.
3. The Diet Cure and The Mood Cure by Julia Ross M.A.
4. The Rhodiola Revolution by R. Brown, M.D., P. Gerbarg, M.D.