

HOW TO AVOID AND HEAL **THE TOXIC BRAIN**

PROVEN NATURAL SOLUTIONS TO OVERCOME
LIFE-THREATENING BRAIN DISEASES
AND DISORDERS



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YOUR BRAIN IS UNDER ATTACK...

Disorders like depression, anxiety, headaches, ADHD, memory loss, epilepsy, dementia and other neurological disorders are MORE prevalent than ever before. **Brain diseases and disorders start 15-40 years before they get diagnosed!**

One of the first steps is to identify the cause of your brain symptoms or disease. **Many times, your brain is toxic due to common toxins encountered everyday.** Identifying the toxins and then eliminating them from your brain and body is essential to heal and reverse brain diseases.

Toxins will accumulate in our brain and tissues over time and after years of bio-accumulation the symptoms will eventually appear. This is similar to a bucket being filled 1 drip at a time. After a period of time the drips will accumulate to a point where the bucket will eventually overflow... and that's when you notice brain fog, anxiety, depression, forgetfulness, decreased focus. And left untreated, can eventually lead to Parkinson's, MS, dementia, or Alzheimer's.

They say health starts in the kitchen – and I really believe that's true. For anyone on a journey toward wellness, the kitchen is where we make the food responsible for nourishing and healing our brain. **Which makes it all the more alarming to see just how many toxic kitchen products are lurking everywhere** – from the board you use to cut your dinner to the serveware it goes on.

Ensuring that your kitchen really is the heart of your health journey starts by gaining awareness – what items have been shown scientifically to cause cancer, harm fertility, bring on asthma attacks, and hurt the brain.

8 COMMON KITCHEN TOXINS THAT CRUSH BRAIN PERFORMANCE

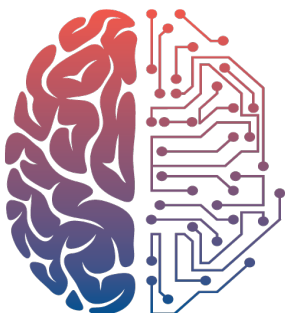
1 PLASTICS

The first kitchen toxin is all that plastic: plastic containers, Ziploc bags, plastic wrap, plastic cups, baby bottles, etc.

Plastic is convenient. There's nothing like tossing some leftover veggies in a plastic sandwich bag you will never have to clean. I get that. But I also get that there is no denying the science showing us time and time again that **plastics are exceedingly harmful for our health.**

BPA, the nickname for the chemical compound Bisphenol A, is the substance that makes plastic both clear and hard...it is also the substance that makes plastic an endocrine disrupter, which means **it acts like a hormone and throws your actual hormones off balance (12).** Considering hormones control just about every single thing your body does, this is a real issue.

When you microwave this BPA plastic, it all gets even worse. The chemicals in the plastic (including the phthalates that make plastic flexible) will actually leach into the food.



THIS BASICALLY MEANS THAT THE CHEMICALS
MOVE FROM THE PLASTIC INTO THE FOOD.

SERIOUS HEALTH PROBLEMS THAT HAVE BEEN SCIENTIFICALLY ASSOCIATED WITH BPA ARE (1, 2, 3, 4, 5, 6):

- Insulin resistance
- ADHD
- Type 2 diabetes
- Heart disease
- Asthma
- Cancer
- Liver damage

Even the FDA has agreed – for many years – that this is happening. **Yet these plastics continue to be approved** based on a system that estimates things like:

- **How often** they think you will eat from that plastic container
- **How hot** they think your food will get when you microwave it
- **How long** they think you will keep that container in the microwave

With those approximations, **they then figure out how much of the harmful chemicals you will probably receive.** If the answer is in their safe zone, that plastic product goes on the shelves with the label “microwave safe” (12)

WHAT IF IT'S BPA FREE? SORRY, STILL BAD NEWS.

- First of all, one study by Environmental Health discovered that basically **all plastics, whether they were BPA-free or not, released chemicals into food that had estrogenic activity.** For both women and men, this increases all sorts of reproductive and overall health problems (10).
- Next up, further studies have learned that **BPA alternatives (like BPS or TPP) are either just as negative as BPA or possibly even worse than BPA** (10,11).

2 TOXIC COOKWARE

When we think about healthy living, most of us think first about food. This makes total sense. Food can be our medicine or our worst drug. **But not nearly enough of us are actually thinking about how we cook that food –** particularly what we use to cook that food.

You could eat all the Brussels sprouts in world, but if you're cooking them in aluminum or Teflon cookware, **you still could end up with horrific health problems.** Let's look at three types of harmful cookware that may be sitting in your kitchen right now.

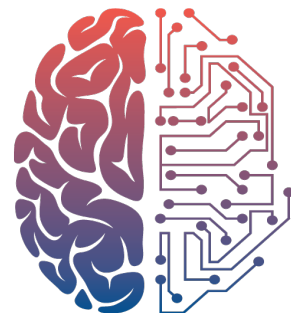
TEFLON

Teflon is that super convenient substance making sure your food doesn't stick to the bottom of the pan when you're cooking. But **it's been long known as a major hazard.** In fact, the Environmental Working Group released a report detailing all the data that linked Teflon to these health concerns (13):

- Heart attack
- Stroke
- Cancer (in general, but also breast, testicular, and pancreatic specifically)
- Immune system damage
- Pituitary gland damage

The problem really comes from the chemicals that create the Teflon, particularly PFOA. Not only do these chemicals absorb into the food while you're cooking, but they also get into the air as well. In fact, there have been many documented cases of birds dying when exposed to this airborne Teflon (14).

ACCORDING TO THE EPA'S STANDARDS, TEFLON FALLS UNDER THE "LIKELY HUMAN CARCINOGEN" RANGE (13).



ALUMINUM

While aluminum cookware doesn't have quite the extensive list of harmful possibilities like Teflon, **it does run the risk of aluminum toxicity.**

In the same way that dangerous chemicals from plastics or Teflon can leach into your food, so can aluminum – **which is particularly harmful to the nervous system.** Some have even made the connection between aluminum and Alzheimer's disease (15, 16).

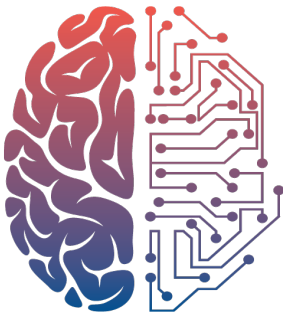
Interestingly enough, some foods absorb more aluminum than others. The worst are your leafy greens and acidic foods like tomatoes and citrus, so absolutely avoid cooking those ingredients on an aluminum pan. **Better yet, get rid of your aluminum pan altogether!**

MADE IN CHINA

While there hasn't been much research done on cookware coming from China, **there have been countless studies done on other products that come from China** – everything from beauty and dog food to children's toys and jewelry.

A 2009 congressional research service report showed **how these unsafe products continually come from China (including really scary stuff like food and children's toys)** and would alter trade relations (17). NPR reported how products from China are responsible for over 60% of 2017's product recalls (18).

All this is to say, whenever possible stay away from cookware made in China. It's really a safety choice. Sometimes it's not always possible. But if you have to purchase cookware that's made in China at least do so from a reputable manufacturer that's known to produce high quality products. **Not the quality that you would find in a flea market.**



WHEN COOKWARE HAS SUCH AN EFFECT ON WHAT
WE ARE INGESTING, YOU CAN'T BE TOO CAUTIOUS.

3 TOXINS IN WATER

Without fail, any doctor, health coach, or wellness blogger will tell you **drinking more water is the key to solving health problems** from beating fatigue and brain fog to preventing kidney stones, and everything in between.

But not nearly enough attention is focused on **what type of water we drink**.

Most of us believe that since we live in a developed nation, our water is always perfectly fine. However, **the sad truth is: toxic water's often our reality**.

Stories of toxic drinking water have made big news time and time again. Recently, **the water crisis in Flint, Michigan, reminded Americans that our water is not necessarily safe to drink**. But many violations are going by without big news scandal. For example, **from a 2015 study, 10,261 violations for the presence of coliform, an organism that can kill kids, the elderly, or anyone whose immune system is compromised**. For others, it can cause neurological damage and headaches (25).

And this isn't just a problem for the water we drink – think about how often you come across water all day – from washing your hands or body to cleaning your vegetables or dishes.

Here's why it can be a problem:

PRESCRIPTION DRUGS IN OUR WATER

By far, one of the more pressing water concerns is **the presence of prescription drugs in our water supply**.

The culprit is normally our sewage. **People often flush unused medications down the toilet, which adds heavy concentrations that sewage treatment is not always removing**. Even the simple fact that we are a highly-medicated society who must go to the bathroom means our waste matter is going into sewage filled with our medications as well.

Drugs often found in treated tap water include (19,20, 21):

- Antianxiety
- Antibiotics
- Hormones
- Contraceptives
- Steroids
- Beta-blockers
- Anticonvulsants
- Antilipidemic

All these prescriptions are then getting into groundwater, rivers, lakes, etc. In fact, way back in 2000 a nationwide study found 80% of U.S. rivers and streams had low levels of pharmaceuticals. But **even low levels can lead to health risks including hormone imbalance and antibiotic resistance**, which the CDC has actually referred to as “one of the world’s most pressing health problems” (22).

This is such a dilemma that recent reports are showing certain species of fish are actually experiencing something called “feminization” – many male fish are now producing eggs – which is directly connected to hormone disrupting, estrogen-dominant pharmaceuticals in the water (21). **Not only is this harming the future of their reproduction, but it’s also harming the fish’s health today (23).**

What does this mean for you? **The water you’re drinking is giving you doses of medications not prescribed to you** that can cause you serious, long-term health problems.

HEAVY METALS

In 2015, there were 8,044 violations for presence of **lead**, which **can cause brain and nervous system damage, miscarriage and fertility issues, weight loss resistance and a long list of other diseases**. These violations affected over 18 million people. 12% of those violations received formal action.

Plus, there were 1,537 **arsenic** violations which affected nearly 2 million people. **Arsenic is a well-known poisonous carcinogen that can also lead to lung and heart diseases**. Only 28.9% of those cases had any sort of formal enforcement. (25)

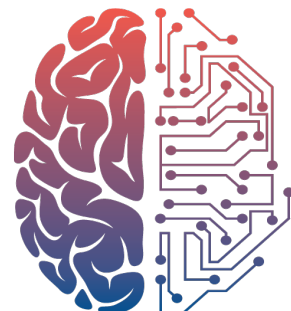
Sadly, the list goes on and on and includes disinfectants, nitrites, inorganic contaminants, volatile organic contaminants and more.

FLUORIDE

The government adds fluoride to our water to help prevent tooth decay. **The problem with this is fluoride toxicity has been connected with extremely negative consequences** like cancer, arthritis, disruption to the immune system, increased lead absorption, and much more.

Though **the U.S. government has recognized some of these health problems** and lowered the amount of fluoride they add to the water.

THEY ARE IGNORING THE PROBLEMS STILL ASSOCIATED WITH LOWER LEVELS OF FLUORIDATED WATER, LIKE LOWERED IQ AND ADHD (31).



CHLORINE

And then we have chlorine. **Chlorine is put in our water as a means to disinfect it**, but it actually causes plenty of its own health problems, including (25, 26, 27, 28, 29, 30):

- Cancer
- Fertility/birth problems
- Asthma
- Liver problems
- Weakened immune systems
- And more

4 CROCK POTS AND CERAMIC GLAZES

Crock pots may be the convenient way for busy families to create homemade (and even healthy!) dinners throughout the week, but **they can be the culprit of toxicity too**.

LEAD IN THE GLAZE

The ceramic portion of the crockpot – the area that touches the actual food – is glazed before it's baked in a kiln. **Sometimes those glazes contain lead**. If the ceramic pot was baked long enough and at high enough temperatures, that lead may burn out. But if not, the lead can actually absorb or leach into your chicken dinner.

The Environmental Working Group gives lead a toxicity score of 10 on a scale of 1 to 10 – which means it's the absolute worst it could get. **Lead has a high risk of developmental, reproductive, and other organ toxicity, it causes weight loss resistance and it's possibly carcinogenic** – among many other hazards (37).

The lead issue with crockpot glazes doesn't stop at crockpots. **Any ceramic item in your kitchen could have the exact same health hazards described above**. And many of us have quite a lot of ceramic in our kitchens – dishes, cups, mugs, serveware, etc.

The easiest fix is to, of course, not use these ceramics. But sentiment (like that beloved family heirloom) and affordability (like that "I can't afford to replace my whole kitchen today") sometimes make that hard to do. **So let's take it in steps**.

The biggest problem is many times it's not clear what type of glaze was used, lead-based or lead-free. **Unless it is clearly marked on the packaging, it's safer to assume there is a presence of lead**.

But when you're unsure, it can be helpful to know the few **types of ceramics that are more likely to have lead** than others. Lead will probably be in your:

- Traditional Asian dishes – these are often highly decorated
- Traditional Latin American terra cotta
- Antique tableware
- Any ceramic dish with a glaze that is clearly chalky-looking or corroded

If you end up keeping some of your glazed dishware that may have lead (or definitely has lead), **here are some tips to limit lead exposure** (38):

- **Never cook it or microwave it:** Heating up these items can cause more of the lead to leach into your food or drink.
- **Never use it for food storage:** Putting your leftovers on a lead glaze for a few days in the fridge will increase leaching.
- **Never add acid:** Both foods and drinks that are acidic will absorb the lead more quickly than other foods and drinks. So don't put citrus fruits or acidic salad dressing on a glazed plate and don't put coffee, tea, or alcohol into a glazed cup or mug.
- **Never put it in the dishwasher:** The dishwasher is nowhere near as gentle as your hands, so it can crack the glaze and increase lead exposure.

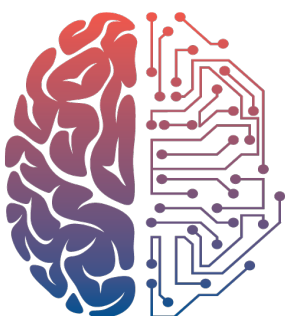
5 ALUMINUM

It's probably safe to say that most people use aluminum foil for heating their food...placing it down over a cookie sheet to prevent sticking or wrapping it around a baked potato. **But this habit is leading to too much aluminum exposure.**

Studies have shown that **using aluminum foil while preparing a meal can cause aluminum to leach into your food.**

This process is made worse when you are cooking at high temperatures (which we often do!) and cooking with acidic food or spices (39, 40).

The amount of aluminum leaching greatly varies. One study tried cooking red meat in aluminum foil.



THEY FOUND THE ALUMINUM CONTENT WENT UP BY SOMEWHERE BETWEEN 89% AND 378% (EVEN 89% IS A CAUSE FOR ALARM!) (41).

So what's the big deal about aluminum exposure anyway? First off, **it's not good for your brain.**

- Studies have shown that **too much aluminum can lead to nervous system and brain diseases**, specifically Alzheimer's disease (42, 43, 44).
- There is also some evidence that **aluminum can make inflammatory bowel disease worse** (45, 46, 47).

The occasional use of aluminum foil shouldn't cause you way too much alarm – research has shown that some exposure probably won't have too many adverse effects. But if you are using it regularly, it's time to explore different options.

And then **if you find those great new options, you might as well use them 100%** of the time and leave the tin foil behind.

6 HOUSEHOLD CLEANERS AND FRAGRANCES

The sad truth in this is that a lot of the **cleaners we use to make our homes "healthy" are seriously toxic.** Good intentions; bad results.

Many of the chemicals and fragrances found in **common cleaning products are actually listed as toxic air contaminants** (TACs) or as hazardous air pollutants (HAPs) by the government (48).

They can be:

- Neurotoxins
- Carcinogens
- Asthma inducers
- Compounds that can be toxic to the reproductive system

The Environmental Working Group has done a comprehensive report of 2,000 of the most common cleaners. Half didn't present their ingredients fully (there's normally a reason behind secrecy!), three-quarters had ingredients that caused respiratory issues, and one-quarter had carcinogenic ingredients (49).

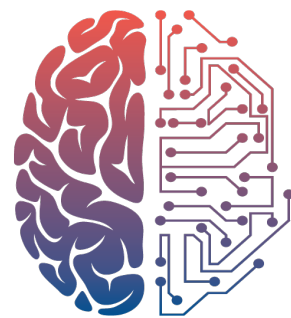
WHERE DO THESE TOXINS HIDE?

Here is a short sample of hazards you probably already have in your kitchen.

- **Antibacterial cleaners/soaps:** Many of these cleaners include an actual pesticide to kill bacteria: triclosan. This substance can disrupt our hormones and cause cancer (50).
- **Drain cleaners or oven cleaners:** Many of these are extremely dangerous and poisonous. A common ingredient is sodium hydroxide, which can cause burns and long-lasting sore throats. You can also develop oven cleaner poisoning which affects airways, lungs, eyes, ears, nose, throat, stomach, intestines, heart, blood, and skin (51).
- **Bleach:** Most bleaches are a health nightmare that can cause asthma, burns, reproductive toxicity, organ damage, and possibly even cancer. On another level, they are also extremely harmful for the environment.
- **“Fragrance” or “Surfactants”:** One of the sneaky ways companies include these harmful ingredients into your products is with the general ingredients “fragrance” or “surfactant.” Many of these ingredients are toxic – some carcinogenic – and to avoid having you knowing about them, they dump them into that general category. There are actually quite a few sneaky “ingredients” like this hiding in your products, so watch out.
- **Phthalates:** These chemicals are in all sorts of kitchen products, including dish soap. They can disrupt the endocrine system (hormones) and can reduce sperm counts (50).

This issue doesn’t stop at cleaners. In fact, on the Environmental Working Group’s review of the 285 most common air fresheners, 55.6% earned a health grade of D and another 18.9% earned a health grade of F (51).

SCENTED CANDLES AND AIR FRESHENERS ARE
MASSIVE TOXINS TOO.



7 CUTTING BOARDS

Think about many of the meals you cook at home. Most likely, **a good majority of that food has touched a cutting board before it touched your plate.** While most of us think about cutting board safety in terms of preventing food poisoning, many of us haven't really thought about issues with the board itself.

WOOD OR PLASTIC?

The research on cutting boards is pretty clear: **wood is safer than plastic.**

This should not come as a surprise at this point in our article. We've gone through the comprehensive dangers of plastic. **Plastics = big issues for our health.**

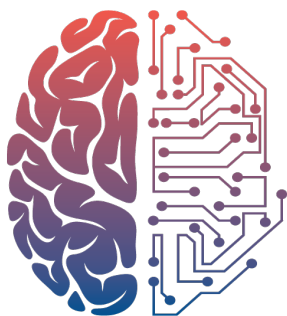
It is possible for sharp knives to even cut away tiny pieces of the plastic, so it ends up in our food – this is especially true of those thin, flimsy plastic cutting boards.

On top of all these plastic problems we've discussed, **plastic cutting boards have another unique toxin: triclosan** – that same pesticide that's in antibacterial cleansers. Triclosan is often used to coat plastic cutting boards to make them "antimicrobial" or "antibacterial" (so watch out for those labels when choosing a board!)

In reality, **what they're really doing is disrupting hormones and encouraging drug-resistant bacteria to spread more wildly.** This is even more important in pregnant/breastfeeding women as triclosan has been found in breast milk (53).

Then there's the issue of cleanliness and foodborne illness. Some people are nervous that wooden cutting boards are not as sanitary as plastic – but the opposite is true. A study in the 1990's showed that **plastic cutting boards were twice as likely to get salmonella no matter how well and how regularly the board was cleaned (54).**

Yet we still need to cut our food – so **the best option is to choose a wooden cutting board.** But don't just choose any wood cutting board. **Make sure the wood is untreated.**



IF THE WOOD HAS BEEN TREATED, IT CAN HAVE ALL SORTS OF CHEMICALS AND SOLVENTS (55).

8 PROTEIN POWDER AND SUPPLEMENTS

Finally, we get to protein powders and supplements. Here's the interesting thing: if you're taking a protein powder and supplements, you are probably at least somewhat interested in being healthy. You're willing to spend your money to boost your health, but as we're about to see, **what you may be actually boosting is your heavy metal, titanium dioxide, or GMO intake.**

Consumer Reports bought 15 different protein powders and tested them for arsenic, cadmium, lead, and mercury. **These heavy metals can damage your organs or cause cancer, among countless other issues.**

While some powders tested fine, others did have traces of these metals. **In fact, 3 of the 15 had levels that, if consumed daily, could lead to heavy metal exposure** beyond the U.S Pharmacopeial Conventional's set safety limit (by the way: the EAS Myoplex Original Rich Dark Chocolate Shake, Muscle Milk Vanilla Crème, and Muscle Milk Nutritional Shake Chocolate were the offenders!) (56).

WHAT ABOUT OTHER SUPPLEMENTS?

The majority of your minerals, vitamins, and other nutrients should be coming from your diet. Still, I really believe that the right supplement can be a big help to your overall health. **They can help you overcome inefficiencies, build your immune system, and heal a leaky gut and brain.**

But we must choose our supplements wisely. Countless supplements have sketchy ingredients that cause more harm than good.

Last year, **the FDA found over 560 supplements that were considered "tainted."** What's scarier is many of these actually included ingredients that were not on the product label (57).

That means you may be getting genetically modified ingredients and/or there may be fillers like titanium oxide (a carcinogen), carrageenan (another carcinogen), **and more of those heavy metals.** They're also often packed with hydrogenated oils – something you'd probably never allow in your food (58).

Since they're not being labeled correctly, you may have absolutely no idea that **dangerous ingredients like these and others are in these "health" supplements.**

Then you have the popular "whole food vitamins." While some of these are superior options to regular USP vitamins, some are not fully honest either – and are often less potent and more expensive than simply choosing a high-quality vitamin and taking it with a healthy meal (59).

KEEPING YOUR KITCHEN SAFE, HEALTHY, AND TOXIN-FREE

We started this series with the idea that awareness is the key to making sure health starts in the kitchen. Now that we have officially concluded Part 1 and Part 2 of toxic kitchen products, **you should have a newfound sense of what products are harming you and your family members.**

Maybe it all feels a bit overwhelming and scary. That's okay. **We're only at step 1: gaining awareness. Step 2 is where the change comes in, and I'm going to help you with that as well.**

DETOXIFYING BRAIN NUTRITION AND SUPERFOODS

BRAIN NUTRITION

These are some of the basic (and essential) nutrition guidelines to when detoxifying the brain (81):

1. DITCH THE SUGAR

Eliminate added sugars from foods like candies, cakes, cookies and sweets, and aim for a sugar-free diet. Plus, switch from sugar-sweetened beverages like sodas and sports drinks for water, unsweetened tea, or green tea. The brain is 70% water so make sure to stay well-hydrated.

2. INCREASE WHOLE, UNPROCESSED INGREDIENTS AND FOOD

Up your intake of whole ingredients and raw foods, including fruits all types of berries, avocado, citrus fruits), veggies (green leafy vegetables, broccoli, beets), and healthy protein foods.

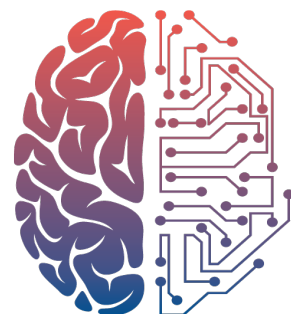
Certain foods naturally detoxify the brain and body so Include more of these in your diet: grapefruit, bone broth, Brussels sprouts, berries, beets, chia seeds and nuts.

3. AVOID PROCESSED AND REFINED FOOD

Heavily processed and refined foods, such as convenience meals, pre-packaged snacks, and store-bought cakes and cookies **overload the detoxification system**. When the system can't handle all the toxins, they 'backup' into the brain.

For processed protein and meats like bacon, hot dogs and sausages, replace them with better options like 100% grass-fed beef, wild-caught salmon and organic chicken.

FOLLOWING A VEGETARIAN OR VEGAN DIET? EAT MORE NUTS, SEEDS AND LEGUMES.



4. BRAIN HEALING HERBS AND SPICES

There may be no easier way to improve brain detoxification and function (or more tasty) Trade in your salt shaker for some healing herbs and spices instead. Seasonings like ceylon cinnamon, ginger, turmeric, cumin, basil, parsley and paprika provide flavor for foods while also providing a host of powerful brain benefits.

5. MORE THAN NUTRITION...

Sleep, exercise, and de-stressing techniques are just as essential as nutrition for optimal brain detoxification and function. Without addressing these, even if your nutrition is spot on, can still lead to brain disorders and disease like brain fog, anxiety, depression, and dementia.

Quality deep sleep allows your body to heal, regenerate, and recharge. To ensure you're getting at least seven hours per night - even better, eight hours - try dimming the light three hours before bed, don't drink water 2 hours before going to bed, and/or make the room as pitch black as possible (cover LED's with electrical tape).

Exercise has been shown to protect existing and promote growth of new brain cells and promotes growth of new ones. Plus, it improves memory, thinking, learning, anxiety, and sleep. Do a high intensity interval workout 3x per week, go for daily walks, and/or simply alternate between sitting and standing throughout your day. **Mix it up and try new workouts. That's also great for stimulating brain growth!**

Making time to refresh and de-stress is a must when it comes to optimizing brain health. There are many natural stress relievers you can incorporate easily into your routine, such as yoga, gratitude, meditation, journaling, and essential oils.

BRAIN SUPERFOODS

Many of us take for granted just how much we depend upon the brain until something goes wrong... like the inability to focus, low energy, nervous system problems, or even early signs of dementia. So let's start paying attention right now.

We can start by feeding our brain some detoxifying superfoods.

Superfoods seem to be the health buzzword of the 21st century – but there's a reason for it. Not all foods are equal. We intuitively know this to be true. **An apple and a donut are not going to nourish your body in the same way.**

But even in the realm of good foods, some are better than others. These are your superfoods, the best of the best when it comes to nutrition, health, and overall wellness.

Superfoods are nutrient dense – filled with macronutrients, vitamins, minerals, enzymes, and fatty acids. They act medicinally and heal our bodies.

I'm going to introduce you to 8 brain-boosting superfoods. Nothing here is earth shatteringly new – I'm sure you've heard of/eaten most of these items before. But it is important to remember to come back to these superfoods time and time again. **Your brain will thank you.**

WHY THE BRAIN?

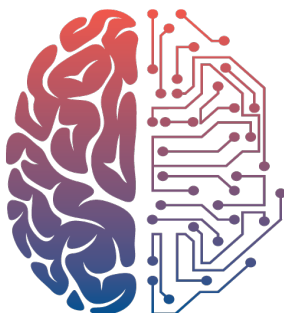
Our brains are essentially the CEO of our entire bodies. It makes the decisions, tells everything else what to do, and troubleshoots when problems arrive.

When your brain isn't happy, nothing's happy. We have to treat it well. Eating these superfoods are one step we can take to boost our brain health, which includes things like:

- Higher energy
- Better focus
- Sharper memory
- Improved learning
- Increased cognitive abilities
- Reduced brain disorder risk
- Enhanced hormones
- Balanced moods
- Boosted overall health
- And much more

Let me be clear: 100% of the brain superfoods on our list help many other parts of our bodies too. Some are great for clearing inflammation; others are immune system boosters. The list goes on and on. That's how powerful these superfoods are.

Head's up. You're going to see a lot of fat on this list. This makes total sense when you know that the brain is about 60% fat. Gone are the fat-free and low-fat days. **Rid yourself of that harmful way of thinking.**



**GOOD, HEALTHY FATS ARE EXACTLY WHAT THE BRAIN
AND BODY NEED TO THRIVE.**

We didn't choose these superfoods out of thin air. The list I'm offering you below has been sourced from four of the top holistic health sources on the internet:

- Dr. Axe
- Dr. Mercola
- David Wolfe
- Mark Sisson

As you will see, I have also included information about how frequently each brain superfood appeared on one of these health expert's lists.

1. SALMON (Mentioned by 3 of the 4 experts)

No surprise we're starting with salmon – I'm sure everyone has heard what a source of health it really is. Outside of being high in protein, vitamins, and minerals, the real brain power of salmon comes in the form of its fat. Salmon is incredibly high in omega-3 fatty acids, one of the most important substances for your heart, brain, and immune system.

Our bodies are supposed to have a happy balance between omega-3s and omega-6s. Unfortunately, the Western diet greatly jacks up the omega-6s and deplete the omega-3s. This leaves most people with cellular inflammation and other health problems (60).

One of these fishy omega-3s is DHA (docosahexaenoic acid). **It is essential for brain health.** DHA makes up the membrane of your brain cells, which protects them from injury and inflammation. Membranes are important. They're like a coat of armor.

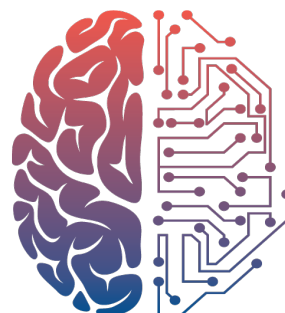
DHA can also improve your mood and alleviate mental health disorders. If you avoid these DHA sources, your brain will never work the way it's capable of (61).

Yet none of us make DHA on our own; we have to get it from food sources. As you age, your brain's DHA decreases (one of the reasons old age is often equated with cognitive and memory disorders like Alzheimer's and reduced brain volume) (62). Our already desperate need for DHA goes up even more.

The moral to this story: **eat more salmon.**

The key is to only buy wild-caught Alaskan salmon. If you purchased farmed salmon, you may actually do more harm than good due to increased toxins. Plus, the DHA levels are greatly reduced in the farmed or engineered options (63).

**DON'T LIKE SALMON? SOME OTHER HIGH-DHA FISH
INCLUDE ANCHOVIES, SARDINES, MACKEREL, AND TUNA.**



2. AVOCADO (Mentioned by 3 of the 4 experts)

Avocados have become quite trendy over the years, and thank goodness they have! These green fruits help us absorb nutrients better, aid in stopping inflammation, increase our potassium levels, and supply us with the healthy fat content many of us are missing: monounsaturated fats, which lower cholesterol and reduce heart disease risk (63).

Plus, they're filling, creamy, and easy to incorporate into many dishes. Winning all around!

Bringing avocados back to our brain superfood perspective... **they are a massive brain booster (64).**

- **Avocados improve** brain cell membranes, protect brain cells, and improve signaling
- **Avocados help** with your brain's blood supply and oxygenation, which can stop nerve damage and improve the prefrontal cortex
- **Avocados reduce** the chance of hypertension-induced stroke (thanks to their ability to lower cholesterol!)
- **Avocados may be able to even reduce** the number of seizures someone has

Interestingly enough, **avocados are one of the safest conventional fruits around thanks to the thick skin that blocks the pesticides (63).** If you're struggling to afford 100% organic food, this can be the one to let slide. Slice them up as a simple side.

3. GRASSFED BUTTER (Mentioned by 3 of the 4 experts)

Not that many years ago during our society's fat-free craze, butter was made out to be the enemy of all things. This mindset was wrong, plain and simple. **Butter is good for you, but only the right kind of butter. The key is to use organic butter from grassfed cows.**

Grassfed butter has higher nutrients and fatty acids, including linoleic acid which fights disease, and it's not genetically modified like toxic margarines or popular GMO butters (65,66).

One of the biggest reasons to eat more (grassfed!) butter is to improve your heart health (ironically, one of the worst ways to harm your heart is to eat margarine – the substance we replaced butter with for so many years!) (67).

Then we get to our brains. Butter can (68, 69, 70, 71):

- Decrease inflammation
- Increase your vitamin A consumption (essential for optimal cognitive function)
- Boost your energy
- Rebuild the brain

Your best option is to look for raw or unpasteurized organic, grassfed butter. This can be hard to find, but you may have luck at a farmer's market. If not, pasteurized organic grassfed butter is the next best thing (63). Put it back into your cooking routine – even add some to a bowl of oatmeal or hot cup of superhuman coffee.

4. BERRIES (Mentioned by 3 of the 4 experts)

It's no secret that berries are major superfoods. They're high in lots of different vitamins, fiber, minerals, and plenty of phytonutrients essential for optimal health (60).

They are also some of the lowest sugar fruits, so you don't get that sugar spike after eating them like you could with a high sugar fruit (like a banana).

Now, when we talk about the power of berries, **we often focus on their antioxidant benefits and how they improve our immunity.** But antioxidants are powerful brain protectors too. Berry antioxidants can:

- Protect brain cells from damage
- Prevent brain inflammation
- Improve cognitive abilities
- Strengthen coordination and motor control

Plus, their bioactive compounds can actually reduce your risk of brain degeneration (63, 73).

Go nuts with your berries. Strawberries, blueberries, blackberries, etc. – they are all going to provide you with these same brain antioxidant benefits. I add them to my morning smoothie, enjoy a handful as a snack, and incorporate them into salads, healthy desserts, and even savory dinner dishes.

5. COCONUT (Mentioned by 3 of the 4 experts)

Coconut oil is a miracle worker that does just about everything – from fighting heart disease to taking off your eye makeup at the end of a long day (my wife has used it many times for this!).

As you can see, literally everything. **No wonder it's considered a superfood!**

But we're not stopping at coconut oil for this list. All sorts of coconut products including kefir, full-fat milk, and butter are a part of this brain boosting superfood group.

Outside of tasting amazing, **these coconut products offer such diverse health benefits.** They are antimicrobial and insulin stabilizing. They support the thyroid and provide antioxidants.

Coconut products can serve every single body system you have (73). Of course, this includes your brain. Coconut has been shown to (74):

- Reduce neurodegeneration
- Fuel healthy brain function
- Combat neurotoxins
- Create ketones as brain fuel

Side note: Science has shown that omega-3s (go back to that fatty fish!) are more effective when taken in conjunction with coconut oil!

The options are endless for incorporating coconut into your diet. I often like to drink coconut milk. Coconut milk and coconut kefir are fabulous in a smoothie, and coconut oil is actually really nice in your coffee.

6. EGGS (Mentioned by 3 of the 4 experts)

Eggs are obviously high in protein (the breakfast of bodybuilders!), but they are also high in fat, amino acids, iron, vitamins, carotenoids, and...

...choline, **an incredible essential nutrient for the brain!** Here's why it's great:

Choline produces acetylcholine, a neurotransmitter that improves memory. In fact, research has shown that those with Alzheimer's disease or other types of memory loss often have acetylcholine deficiencies (61).

Choline is also responsible for boosting mental health and happiness. Talking about superfoods for the brain would not be complete unless we touched on fetal brain development, and the choline egg yolks is once again a big help (74).

And don't be so worried about eggs elevating your cholesterol. Recent studies are showing they shouldn't harm healthy adults. If you have high cholesterol, talk to your doctor about the appropriate use of eggs.

In order to call an egg a superfood, we have to be picky and choosy about the type of egg we use. **Make sure you're buying organic, free-range eggs.** By the way, cage-free doesn't always mean much of anything in the terms of marketing. So go organic/free-range each time (63).

7. NUTS/ALMONDS (Mentioned by 3 of the 4 experts)

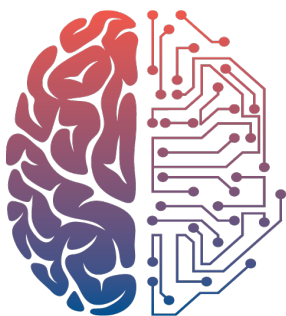
Almonds are one of the best little snacks you could ask for. Of course, they're super high in healthy fats, but they are also a great source of protein, fiber, vitamins, calcium, magnesium, and more (61).

Two almond nutrients in particular – riboflavin and L-carnitine – **prevent a decline in cognition and improve neurological activity.**

In fact, **eating almonds is associated with a lowered risk for brain disorders** that stem from inflammation – dementia being one of them (75). But there are plenty of other fatty nuts that support brain function as well:

- **Walnuts:** Reverses some brain deterioration associated with age, as well as increases the brain's antioxidants and anti-inflammatory capabilities
- **Macadamia Nuts:** Lowers blood pressure and helps prevent stroke – both of which can have far-reaching negative brain effects (Going back to fetal development, macadamia nuts have been shown to be good for early brain development and function too!)
- **Pistachios:** Prevents brain inflammation and keeps that helpful DHA at the right levels

I'm all about keeping my health and wellness journey simple whenever possible, as simplicity tends to keep me on track.



THOUGH THERE ARE TONS OF RECIPES TO INCLUDE THESE NUTS INTO CREATIVE DISHES, A GOOD PALMFUL FOR A MID-DAY SNACK IS PERFECTLY FINE BY ME.

8. BONE BROTH (This is one of our own!)

Our final superfood is not one we sourced from a list, but one we believe in so whole-heartedly we couldn't leave it out: bone broth.

First off, **know bone broth is not stock**. This superfood has been simmered long and slow from the actual bones – often marrow bones – of chicken, beef, pork, lamb, etc. This is where all the goodness resides.

Bone broth is powerful for boosting immunity, improving gut health, detoxifying the body, promoting healthy metabolism, and much more.

And the nutrients we gain from simmering these bones improve learning abilities and sharpen memory (76). Here are a few specific ways bone broth is a brain superfood. I've broken it down by two ingredients found in the broth (77, 78, 79):

- **Glycine:** Prevents neurons from dying after a stroke; helps with fetal brain development
- **Chondroitin sulfate:** Regenerates the central nervous system

You can reap these benefits from whole food bone broth (which you can make yourself on the stove or in an the Vita Clay) as well bone broth protein powder. **The protein powder choice is a great way to soak up those benefits** even when you don't have a batch of homemade bone broth ready.

GETTING MORE DETOX AND SUPERFOODS FOR THE BRAIN

When you treat your brain well, you're treating your whole body well. Making great diet choices is actually one of the easiest ways to go about doing that. It's far less stressful to have half of an avocado and organic egg for breakfast (instead of sugary cereal) than it is to seek medical care for poor brain function or brain disorders.

So let detox and superfoods be thy (brain) medicine!

MORE WAYS TO OVERCOME BRAIN DYSFUNCTION, DISORDERS, AND DISEASE

There are so many natural ways to avoid and reverse the life-altering brain conditions like.

We can't possibly address and expand on all the methods in this Ebook.

That's exactly why they'll be covered in the eye-opening SUPERhuman Brain Masterclass.

Some of these topics and protocols include:

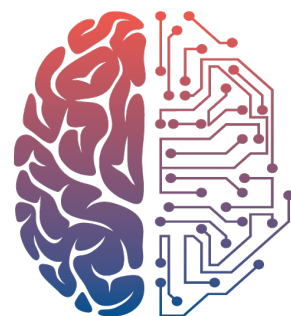
- ESSENTIAL OILS
- JUICING
- HERBAL CLEANSSES
- POSTURE
- GUT BRAIN CONNECTION
- HOLISTIC SLEEP
- BRAIN EXERCISES
- DETOX
- NOOTROPICS
- CONCUSSION REPAIR
- FOCUS AND PRODUCTIVITY HABITS
- LASER THERAPY
- KETO AND FASTING
- ADVANCED BRAIN BIOHACKS

Upgrade your brain to SUPERhuman for increased energy, mental clarity, and rapid healing solutions to can help prevent and even reverse brain diseases and disorders now. Beyond that, learn the technology, nutrition and advanced solutions for next level brain performance.

We brought the world's top neuroscientists, brain researchers, doctors and even biohackers together to uncover proven solutions to upgrade your brain to "high performance" for life.

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BIO

DR. ISAAC JONES

Dr. Isaac Jones, the co-founder of elevays.com, has been named “the doctor of the future”. He is an international best-selling author in the ketogenic lifestyle and weight loss space. He runs the world’s largest virtual health center with his wife Erica Jones, that serves busy and successful individuals around the world from the comfort of their own home. At Elevays he and his team of health professionals bring people through a customized 3-step proprietary process called “Elevate” to help them uncover their ideal body while maximizing brain function, energy and vitality. In addition to transforming the lives of executives and entrepreneurs he speaks in Asia, Europe, Australia and across America on Human Potential Healthcare and trains doctors around the world on these advanced life-changing solutions.

Dr. Jones and his team are on a mission to help you access your highest level of human potential and transform healthcare globally.



BIO



DR. RYAN WOHLFERT, DC, CCSP

The co-founder of Total Health Spine and Nutrition and founder of UpgradedParents.com, is a highly specialized healthcare practitioner who has helped thousands of patients achieve their health goals at his multiple chiropractic and wellness clinics. He believes all parents can upgrade their mind, body, and energy and be their family's hero. Dr. Wohlfert uses his extensive expertise to help high performing moms and dads with his 3-Step UP Process - Wake UP, Get UP, and Stay UP - so they can look, feel, and perform their best to impact their family, future, and world.

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