

The #1 **WORST** Food For Your Brain

(plus the top foods to protect it)



By: Cat Ebeling & Mike Geary

A woman in a white lab coat is shown from the chest up, holding a white coffee cup. The image is overlaid with a semi-transparent red filter. The text is centered over the image.

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that HARMS Your Brain
(avoid!)**

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Some foods you might be eating daily can actually **DAMAGE** your brain over time. In this article, we'll explore foods that **HARM** your brain vs foods that **PROTECT** your brain.

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First, the **BAD NEWS...**

Certain foods you eat can indeed harm your brain, both in impaired learning ability as well as impaired memory. Even worse, the wrong food and drink choices throughout your life can even lead to the terrible and deadly disease of Alzheimers.

A friend of mine just told me that her dad died of Alzheimers recently and it was just a terrible disease where he didn't even know who she was anymore towards the end. It's time our society starts taking degenerative diseases like Alzheimers, cancer, and heart disease more seriously throughout our lives, and not just once it's too late. Even in our 30's, 40's, and 50's, the choices we make with our daily food can **PREVENT** these terrible diseases.



So let's dig in with the topic today of foods that harm your brain, and what you can do about it...

Food #1 that HARMS your brain: Fructose

In a 2012 UCLA study published in the Journal of Physiology , researchers found that a diet high in fructose over time can **damage your memory and learning ability**.

Beyond the harm to your brain, it's well known in the research world that a high fructose diet can also cause insulin resistance in your body over time, and possibly lead to type-2 diabetes and extra body fat. If that's not enough, a high fructose diet also detrimentally affects your triglyceride levels in your blood as well as small dense LDL particles that cause plaque in your arteries.



So what we have here is high-fructose intake = impaired memory and learning in your brain, increased risk of diabetes, and increased risk of heart disease . Oh, and we forgot to mention **extra belly fat** too... Yum - who wants another can of soda pop or a large bowl

of corn syrup sweetened ice cream!

The average person eating a modern western diet of processed food consumes a LARGE quantity of fructose without even thinking about it from all of the soft drinks (high fructose corn syrup typically), sweetened juice drinks, orange juice, processed junk foods such as cakes and candies, as well as the HFCS that's added to store-bought salad dressings, breads and cereals, and even condiments like ketchup.

Note that many **sports drinks** , even though marketed as “healthy”, can have large amounts of corn syrup or even crystalline fructose as their main sweetener. These sports drinks can be equally as bad as a soda for your body and your brain. Don’t be fooled by the clever marketing showing pictures of pro athletes guzzling this stuff.

Also note that **agave syrup** (aka, agave nectar) which is marketed as a “healthy” sweetener as well, is one of the **most concentrated** forms of processed fructose in sweeteners as well. I personally stay away from agave sweeteners as much as possible unless the amounts are very small.

All of these fructose-laden foods and drinks are easy to avoid though if you choose to eat consciously... for example, make homemade salad dressings from your favorite olive oil and vinegar with added spices, or choose to drink unsweetened iced tea with lemon instead of sweetened drinks or juices. If you use a lot of ketchup, try to reduce the quantity by mixing with mustard or hot sauce, which typically don’t contain HFCS sweetener in any significant quantities.

Last thing to note about fructose... Yes, natural whole fruits do contain fructose, but generally contain MUCH smaller quantities of fructose than you would consume in a sweetened juice drink, soft drink or sweetened junk foods. Also, the phytonutrients, antioxidants, and fiber that’s contained in most whole fruits counteracts any negative effects of fructose. I personally try to keep fruit intake to no more than 1-2 pieces a day due to the sugar and fructose content of larger amounts of fruit.



Here's a trick: Did you know that limes and lemons contain virtually zero fructose, and only 3-4 grams of total carbs in a whole lemon or lime, whereas a typical orange contains 6 grams of fructose and 25 grams of total sugar per fruit. I squeeze lemons and limes daily into either water or teas for a healthy flavorful drink. Fresh lemon juice has even been shown to control blood sugar response from a meal...another bonus!

Other Foods that HARM Your Brain:

You probably already know some of the harmful health effects of these foods, but long term effects on your brain are yet another...

Trans fats

strongly inflammatory in your entire body including damage to cell membranes throughout your body. Avoid hydrogenated oils in processed foods and deep fried foods.



Mercury

studies show that mercury from pollution (coal burning plants are the biggest source of mercury pollution to air and water) and from fish that are high on the food chain such as tuna, shark, swordfish, tilefish, etc can possibly cause long term negative effects on your brain. Limit these types of fish to a couple times a month and focus more on fish such as salmon, trout, and many other types of smaller fish to reduce your mercury load.

Wheat-based foods

In the groundbreaking book, *Wheat Belly*, Dr William Davis makes a very convincing argument that wheat has addictive properties in the brain. Wheat

contains compounds termed “exorphins” that have an effect in your brain similar to opiate drugs. This explains why people have such a hard time giving up their beloved breads, cereals, pasta, and muffins because these foods are mildly addictive.

I know personally from past experience that if I have have a pasta dinner, I’ll go back for seconds and thirds as I just can’t seem to stop eating the stuff. And then hours after dinner, I’ll get cravings for more carb-based foods or sweets. But if I pass on the pasta and just have meat, veggies, and salad, I find myself totally satisfied after dinner with no cravings later at night.

The good news is...

There are plenty of superfoods, herbs, and spices that can protect your brain and your other organs too!

In fact, did you know that **turmeric** is one of the highest antioxidant spices that also exhibits brain-protecting effects? In India, where curry containing turmeric and other spices is eaten daily, rates of Alzheimers disease is among the lowest in the world, proving some of the brain-protecting effects of turmeric.

In addition, the powerful DHA and EPA omega-3 fats in **fish oil** has been proven in countless studies to protect your brain from damage over the years.

Want more...

I’ll show you how to find dozens of delicious foods, spices, herbs, and unique



nutrients that PROTECT your brain, joints, organs, and skin from aging on the next page!

These unique nutrients and superfoods can be found at most stores and can help PROTECT your brain from aging, HEAL your joints, reverse or prevent type 2 diabetes, normalize your blood pressure, SLOW aging of your skin, FIGHT against developing cancer, FIX years of digestion problems, and even help to BOOST your metabolism ...

You'll discover these powerful superfoods and nutrients on the next page:

A blue-tinted photograph of a man and a woman smiling and looking at each other. The woman is on the left, and the man is on the right. They are both smiling warmly. The background is a solid blue color.

Foods to Heal Your Brain

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Alzheimer's, depression, anxiety, OCD, bipolar, schizophrenia, behavioral problems, ADD/ADHD—the list goes on and on. **Mental health issues are increasing by the day.**

Pharmaceutical companies make massive amounts of money treating mental health, mood and behavioral disorders. In fact, Americans spend about **\$188 billion dollars** a year **on mental health treatments and medications.** Of that,

\$71 billion is on depressive disorders alone. It is estimated that almost 20%, or **1 out of every 5 people in the United States** have some form of mental health issue, according to the National Institute on Mental Health (2017).



Medical treatments for depression, autism, attention deficit disorder, insomnia, eating disorders, learning disabilities, drug addiction, obsessive-compulsive disorder, anxiety, bipolar, dementia are making pharmaceutical companies billions of dollars!

And then there are things like chronic stress, brain fog, anger management, anxiety, mood swings, sleep issues, irritability, and memory loss. Mental health problems are an **'invisible epidemic'** that affect 1.1 billion people worldwide.

Physicians have long held onto the belief that the brain and the body do not affect each other. The common belief was that what we put into our bodies did not change anything in our brain. **But that is wrong.**

We now know, that mood, memory, attention and behavior problems and most other brain diseases have their **root cause in the body, especially the gut.**

Perhaps the conventional medical approach to dealing with brain disorders is totally backwards.

Doctors used to speak of the ‘blood/brain’ barrier in terms of medications, toxins, foods etc. The idea was that most of what we ate or drank did not cross that barrier to the brain. Now we know this is **totally not true**.

That holds very true for many of the foods we eat. **Toxins in the form of preservatives, hormones, pesticides and other chemicals** affect us physically and mentally, and often the result is dementia, ADHD, depression, anxiety, insomnia, brain fog, memory loss, autism, behavior problems and more.



According to Dr. Hyman in his “UltraMind Solution” book—

“There is such an onslaught of stress and environmental chemicals in our world, and it’s no wonder that our bodies and our brains are challenged and not functioning properly. We are exposed to toxins we were never designed to deal with—and nearly all of them cause brain injury...In fact, a recent government survey found an average of 148 chemicals in our bodies. And those were only the ones they tested.”

We are finding it very clear that **the brain is very much linked to the body and the gut**, and that what happens in the brain affects the body and what happens in the body most definitely affects the brain.

If our health is off somewhere in our body, then the health of the brain is often off too.

While just treating the brain with pharmaceuticals may lead to drug dependence,

a dulled reality, and **not treat the REAL problem**, treating the body's systemic **natural chemistry and gut microbiome can fix brain chemistry imbalances** and lead to genuine healing in the entire physical body.



An imbalance in any of system—nutrition, hormones, immune function, digestion, gut bacteria, detoxification, or metabolism can help to explain many of the symptoms that we think of as mental health issues. **Most of these imbalances start in the body and show up eventually in the brain** as mood, mental health or behavioral problems.

Messed up physical systems in the body actually can **clue us into explanations** for the depression, anxiety, dementia, autism, and attention deficit disorder that we see today.

Conventional treatments treat only the symptoms—often with powerful drugs that cause adverse side effects and never get to the root of the problem.

The simple truth is that your body and your brain, and all of your physical systems **must interact together in one smooth dynamic system**. If you improve your physical body's health, you improve the health of your brain as well.

To illustrate, think about this— does a sugary snack make you feel anxious, jittery, and sleepy, then irritable later? Do you feel groggy and mentally slow after a big meal? Ever exercise hard and then feel calm, relaxed and happy afterwards?

How well do you focus on anything when you are sick?

We know that PMS (pre-menstrual syndrome) is the result of fluctuating hormones, but did you know that alcoholics can actually become 'crazy' with something called **Wernicke's encephalopathy** that comes from vitamin B1 deficiency and simply treating with this vitamin will cure this condition? Did you know that antibiotics for strep infections can cure some children who suffer from obsessive-compulsive disorder? And did you know that **many schizophrenics often have a gluten sensitivity?**

Heal the body, heal the brain.

Changing your diet, nutrients, sleep patterns, exercise, detoxing, balancing your hormones, correcting the bacterial balance in the gut, and removing foods that cause food allergies **can all radically transform your mood, behavior and brain function.**

These few steps can have a huge difference in your brain function and your physical health:

1. **Eat, healthy, clean foods.** Avoid any foods that you are sensitive or allergic to.
2. Add in **necessary supplements** for brain and physical health.
3. Make a habit of **exercise, relaxation, meditation, and quality sleep** in your daily life.



4. **Avoid toxins** in your food and environment.

If you can follow these steps for at least 6 weeks, you will see major changes your life, your outlook, and your sense of well being—literally in weeks or days!

Some of the changes you experience **may happen almost immediately**. If you are gluten sensitive and you stop eating gluten, your gut health and your brain can change within just a week or so. You may notice other major mental health improvements by removing dairy products, corn, and food additives.

More than 90% of the body's serotonin **lies in the gut**, as well as about 50% of the **body's dopamine**, so feeding the gut bacteria healthy foods, only serves to help your body make 'happy' brain chemicals.

Once you begin following these steps you will realize just how good you can feel—and you'll never want to go back to feeling bad again.



Feed Your Brain the Right Foods

Your fork, you could say, can actually become one of the most powerful tools

to use to change your health, your brain and your life.

There is nothing that has a bigger impact on your health. Absolutely nothing.

Here's how to use that powerful tool:

- **Eat REAL Food**—Eat whole, real, fresh, organic, local and unprocessed food. If it has more than three ingredients (especially ones you do not immediately recognize), a package, or a barcode, AVOID IT.

- **Get Healthy Fats for Your Head**—The brain needs omega 3 fat DHA and EPA, which comes from algae, cold-water fatty fish and grass fed meats, along with saturated fats to stay its healthiest.

- **Protein Power**--Eat high quality, naturally sourced protein for breakfast every day, such as omega 3 eggs, salmon or grass fed meat, plain organic yogurt, or nut butters.

- **Boost Your Brain Protectors**—Eat piles of fruit and vegetables deeply colored with powerful phytonutrients. The deep red, yellow, orange, green, and blue in foods are a sign of powerful anti-inflammatory, antioxidant, energy boosting, and brain-powering nutrients.

- **Eat the RIGHT Kind of Carbs**—Eat foods full of fiber, including raw vegetables, raw fruit, nuts, and seeds. This helps to clean out the gut, remove toxins, and grow healthy gut bacteria. A healthy gut has MUCH to do with the brain, and a healthy gut means a healthy brain!

- **Remove the Poisons**—Eliminate sugar, high-fructose corn syrup, coffee, alcohol, trans fats, food additives and preservatives, all of which poison your brain and disrupt your biochemistry.



If you can just follow these few steps—yes they may be big steps, but you can start **instantly eliminating the brain-damaging foods and chemicals from you**

diet.

There is one other KEY change that is essential—That step is to eliminate the two most common causes of food allergens and **hidden reactions** in our diet. These come from **gluten and pasteurized processed dairy**.

Your brain reacts to allergens as well as your body—with increased inflammation. And when this occurs, you can get brain fog, anxiety/depression, autism, ADHD, dementia, and more. Gluten has even been proven to cause some cases of schizophrenia and bipolar disorder.



You don't need to break out in hives or have an anaphylaxis reaction to these foods to be allergic. People often have **hidden allergies** to these foods and not even realize it—especially because these foods are often eaten on a daily basis, so the problem becomes chronic. Actually, that should be the FIRST thing you think of—"I am irritable today, or I feel depressed today,"...Think about WHAT you ate yesterday or the day before.

You can eat a piece of cheesecake on Monday and feel depressed on

Tuesday. You eat a bag of cookies one day and the next day you are irritable. Many times, **inflammatory reactions occur up to 24 to 48 hours later**, but there definitely IS a connection to food sensitivities and changes in mood.

Many people just have **ongoing, low-grade, delayed food sensitivities or allergies** all the time. What you eat on a regular basis, may be causing a delayed allergic reaction you might not ever know it because those foods are the foods you just can't do without.

You can get tested for food reactions from a doctor, but this method is not food proof. The best and easiest way is to remove the most common foods that cause reactions. Usually the **top two are wheat and dairy.**

Then pay close attention to your body and mind when you do this—the first few days may be tough, because you may actually have to break an addiction to these foods, but then you may suddenly feel great!



Remove the poisons in your diet as well including the artificial sweeteners, foods with preservatives, high-fructose corn syrup, trans fats or vegetable oils, and junk food.

Try this for a minimum of two-six weeks. Then challenge those foods and see how you feel, 1 hour, 4 hours, 12 hours, 24 and 48 hours later. **You may be SHOCKED!**

Supplements for your brain and physical health

Even those who eat the healthiest diet will probably need some **additional supplements.** These are **ESSENTIAL** for brain health and physical health as well.

1. **Multivitamin**—A high-quality, high-potency, multivitamin.
2. **B vitamins** that include methylfolate and methylcobalamin. These are forms of B vitamins necessary for brain health, nerve function, energy, and fat metabolism. A deficiency will cause anxiety, depression, loss of energy.
3. **Vitamin C 500-1000 mg**, take 1000 mg a day. Vitamin C reduces inflammation in the body and brain as well as protecting the immune

system.

4. **Omega 3 fatty acids with high levels of EPA and DHA.**
5. **Magnesium Glycinate or Magnesium Theonate** to promote calm and overall better health.
6. **An all-purpose digestive enzyme.**



And be sure to incorporate these **lifestyle changes into your life—exercise, relaxation and good sleep.** Exercise naturally eases stress, releases ‘feel-good’ hormones, balances your gut bacteria, increases blood flow and helps balance blood sugar. Good sleep helps to ‘rewire’ the brain, eases stress and reboots the brain.

You should have the privilege to live a life that is alert, awake, engaged, present, focused, joyful and balanced. Making these changes in your diet and lifestyle, **while healing your body will most definitely**

help heal your brain as well. You cannot have a truly healthy body without a healthy brain too.

Your body, your brain, your gut, and your health. **All are one.** Nourish your body and your mind will be nourished as well.