

BRAIN FITNESS - lifestyle

Your brain is an organ like any other in your body and therefore is subject to the forces that support general good health. Poor dietary choices, chronic sleep deprivation, a lack of exercise and excessive alcohol are forces that will corrode your brain more quickly. It is important to avoid "postprandial endotoxemia." That is literally a condition where the type and amount of food that you eat can create a toxic environment that contributes to brain damage.

POSTPRANDIAL ENDOTOXEMIA

A meal with excessive volume of food, especially one high in fat and sugar, will increase "cytokines" in the central nervous system. Pro-inflammatory mediators such as; Tumor necrosis factor (TNF) interleukin 6 (IL-6) and interleukin 1 (IL-1) are some of the markers of inflammation that could spike after such a meal. They contribute to the cascade of free radicals that assault brain cells causing damage to them.

A lean diet with a minimal amount of simple carbohydrates (such as bread, pasta, potato and rice) is best suited to a healthy brain. In addition, eating on a regular schedule at least three times per day will support your best brain health.

PROTECT AGAINST "LEAKY GUT"

The American diet is conducive to creating an inflammatory condition in the intestine causing transfer of toxins from the colon into your body, further amplifying inflammation and contributing to the stress on your brain. This condition has been termed "leaky gut" for the way in which the cells that line wall of the intestine lose their integrity and allow toxic substances to "leak" from the lumen of the gut into the systemic circulation.

To seal any cracks in the intestinal wall and reverse "leaky gut," I recommend a serving of **"UltraInflamX"** protein powder once daily for the first month as part of your regular diet. Use two scoops mixed with water or another beverage of your choice in place of one of your meals. This high-quality source of protein and complex carbohydrate also has anti-inflammatory supplements in it that will help to seal up your leaky gut and reduce the transference of toxins into your body. After the first month you can use this agent only as needed for gastrointestinal symptoms or other signs of leaky gut.

CONTROL FAT

Excess adiposity also contributes to increased cytokines and free radicals further putting stress on the brain. Over the course of your treatment we will be monitoring your percentage of body fat. You can help your own cause by tracking your weight weekly and measuring the circumference of your abdomen on a monthly basis. Make changes that will prevent weight gain, or (if needed) contribute to some fat reduction. More detailed counseling and treatment can be provided to you if needed.

PHYSICAL ACTIVITY

Anything that improves circulation will benefit your brain. Maintaining a regular pattern of physical activity even if it is relatively mild in intensity will pay dividends. Short walks, even using a rocking chair rather than an overstuffed cushion are simple ways to introduce activity to your daily routine.

QUALITY SLEEP

You should aspire to achieve at least five hours of uninterrupted quality sleep each evening. Following the suggestions in the sleep hygiene sheet that you will be given can help to establish a good sleep routine. If necessary, further supplements can be added to help with pre-sleep relaxation. Every effort should be made to avoid prescription or over-the-counter sleeping pills since these can further impair memory and may accelerate dementia itself.

BRAIN EXERCISE

Regular use of your brain to the highest extent possible is likely to preserve its health. Activities such as reading, even playing video games or putting together puzzles can be helpful in keeping the mind sharp. Doing routine activities with your opposite hand will also challenge your brain. Things like brushing your teeth, opening door knobs, and eating with your non-dominant hand are brain stimulating.

STAY SOCIAL

Engaging in healthy social activity is healthy for the brain and will support good brain fitness. Make it a point to get out and be in the community and around other people. Take advantage of family and friends whatever the opportunity exists to spend time with them. Being involved in a hobby can give you a reason to talk to store vendors, suppliers, and fellow hobbyists. Volunteering will put you into social contact with others.

STAY POSITIVE

Optimism is therapeutic. Rest assured that together we will pursue every reasonable avenue to maintain your highest level of brain fitness and general health. Feeling good about doing all that you can should help to sustain you no matter what comes next.

To your best health,



Dr. Stephen Petteruti