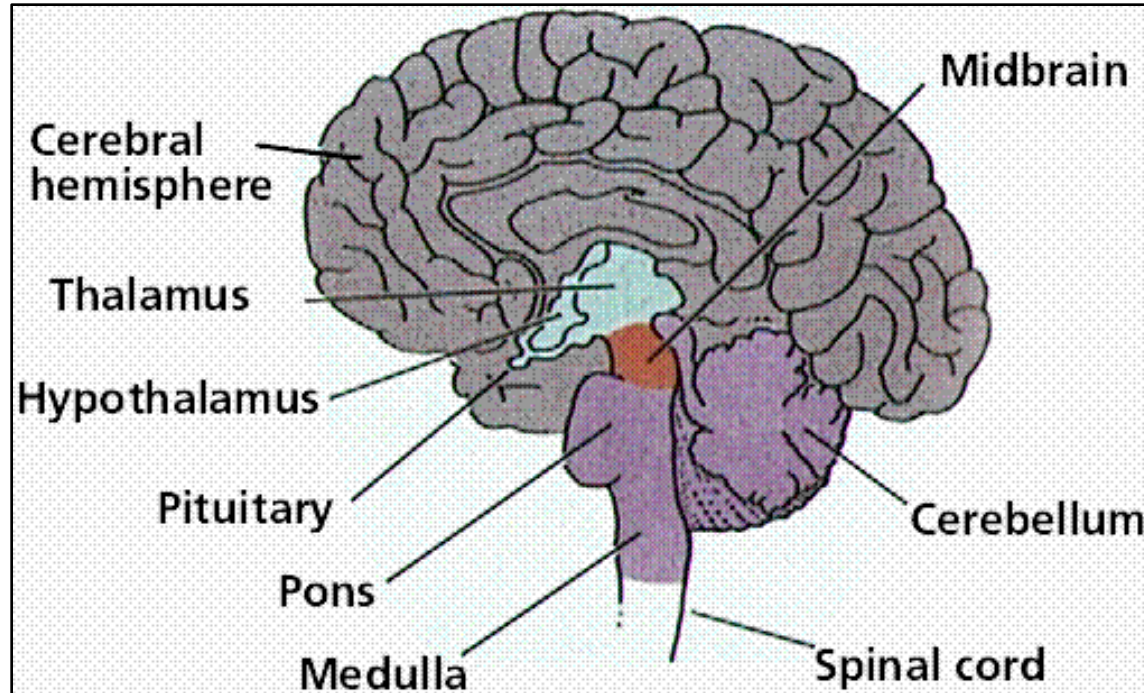


Care & Feeding of the Brain



Sheboygan Natural Health

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FATS

- Name given to substances (that are not Proteins or Carbohydrates) obtained from food or made in body
- Lipids is technical name for FATS
- A Family of Fats= Fatty Acids
 - Saturated, monounsaturated, & polyunsaturated
 - Cholesterol- is a Lipid from Sterols
- Brain needs all of the above (except Monounsat.)
- Polyunsaturated- Essential Fatty Acids- come directly from diet. Other fatty acids made in body

Brain-Fats

- 60% of the brain is FAT! 6 Kinds:
- DHA- Docosahexaenoic acid- Omega 3
- AA- Arachidonic acid- Omega 9
- GLA- Gamma- Linolenic acid*
- ALA- Alpha- Linolenic acid*
- PS- Phosphatidylserine
- PC- Phosphatidylcholine

** Not found in brain, but acts on messengers or fats*

From- Brain-Building Nutrition by Michael A. Schmidt pg. 12

Signs of Fatty Acid Insufficiency

- Dry Skin
- Dry, Rough patches- elbows
- Dry, Cracked heels
- Dry, Cracked finger tips
- Dandruff
- Dry Eyes
- Dry, Fuzzy unmanageable hair
- Frequent Urination
- Increased Thirst
- Bumps/‘Chicken Skin’ on back of arms
- Patches of Alligator skin
- Attention & Focus difficulties
- Soft, brittle or weak nails
- Allergies
- Hyperactivity
- Aggression or hostility
- Irritability
- Depression
- General Learning Problems
- Poor Memory
- Reading Difficulties
- Heart Rhythm difficulties
- Joint Inflammation
- Fatigue

0-3 = good; 4-6 = Strong Evidence of F.A. imbalance; >6 = Very Strong Evidence imbalance
Taken from: Brain-Building Nutrition by Michael A. Schmidt pg. xix

Omega- 3 Fatty Acid Intake

Place a 1, 2, or 3 next to each item

• Salmon _____	• Krill _____
• Atlantic Cod _____	• Caviar _____
• Haddock _____	• Rainbow Trout _____
• Snapper _____	• Flax oil/meal _____
• Sea scallops _____	• Fish Oil _____
• Mackerel _____	• Chia Seeds _____
• Herring _____	• Walnuts _____
• Sardines _____	• Pumpkin Seeds _____
• Anchovies _____	• Brazil Nuts _____
• Blue Fin Tuna _____	• Candle Nuts _____
• Eggs _____	• Butternuts _____

0= Never; 1= < 1 times/month; 2= Once/month; 3= Weekly **Total:**

< 5- Way too little Omega 3; 5-10 =OK; >10 =Better; >20 = Excellent

Trans Fatty Acid Intake

Place a 1, 2, or 3 next to each item

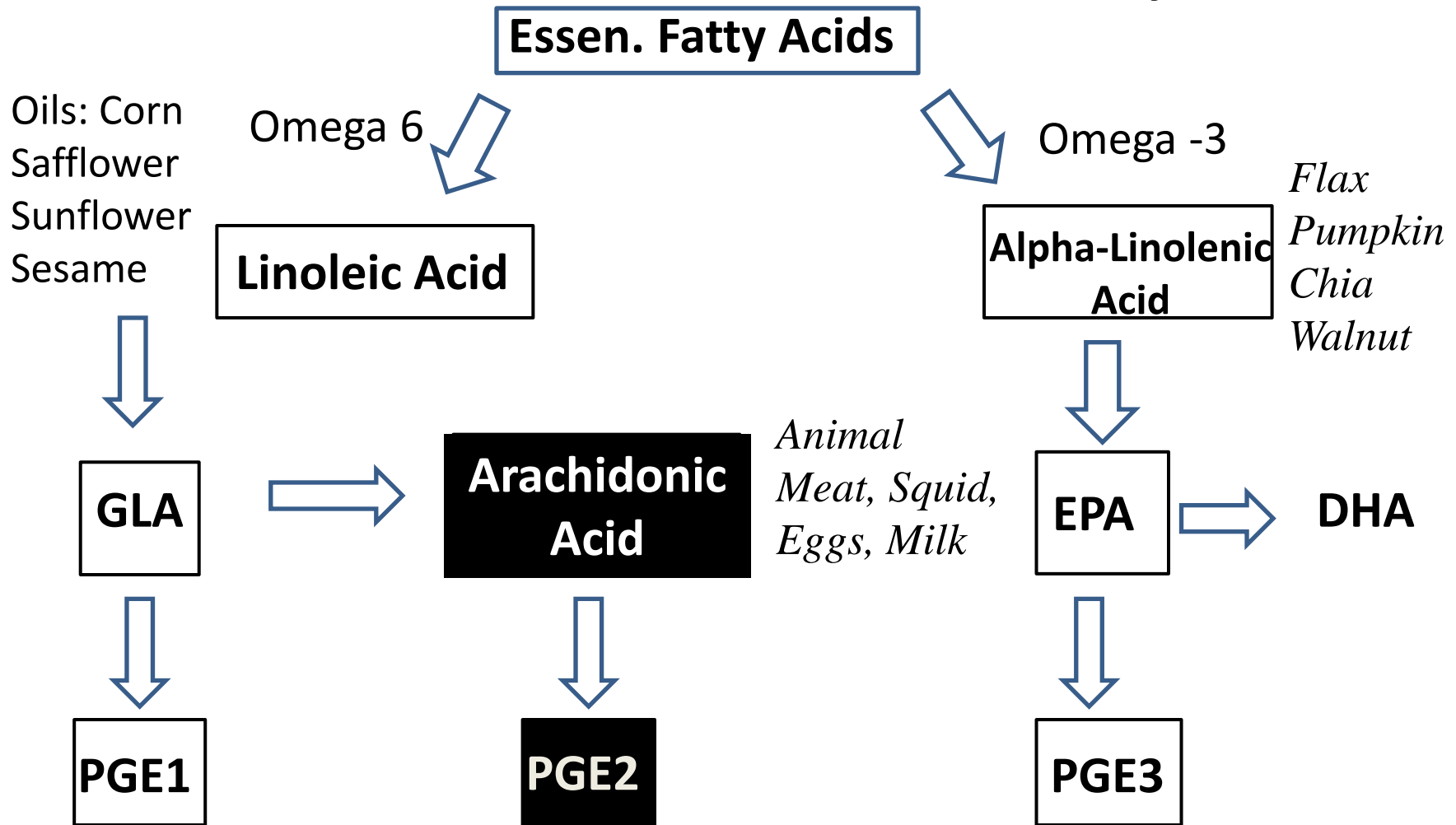
Score: 0=Never; 1= Less than 1x/month; 2= 1x/month; 3= weekly

<input type="checkbox"/> French Fries	<input type="checkbox"/> Margarine
<input type="checkbox"/> Chicken Nuggets	<input type="checkbox"/> Mayonnaise
<input type="checkbox"/> Potato Chips	<input type="checkbox"/> Cake
<input type="checkbox"/> Corn or Tortilla Chips	<input type="checkbox"/> Cookies
<input type="checkbox"/> Fish Burgers (deep fried)	<input type="checkbox"/> Shortening
<input type="checkbox"/> Doughnuts	<input type="checkbox"/> Deep Fried Mushrooms
<input type="checkbox"/> Pastries	<input type="checkbox"/> Puffed Cheese Snacks
<input type="checkbox"/> Candy	Total: <input type="text"/>

0-4 = OK; 5-10 = Too many for Brain Health; >10 = Far too many

Taken from: Brain-Building Nutrition by Michael a. Schmidt pg. xxi

Neurotransmitters from Fatty Acids



PGE= Prostaglandins. PGE2 is highly inflammatory, causes swelling, pain, thick blood. . . Long term- includes nerve cell, Immune, & brain blood flow problems

Memory Test

- Vase
- Teapot
- Tiger
- Camera
- Book
- Ice Cream
- Cushion
- Spade
- Piano
- House
- Hat
- Orange

<http://www.psychologistworld.com/memory/test2.php>

Your Turn- See how well you can recall the list from the last slide

Claudia's tricks for remembering. . .

Relate the words to a scene or pictures in your head that is memorable and easy to remember.

The Tiger was sitting with a V _____ and a T _____ between his paws. I wanted a picture of him so I took out my C _____ to put the picture in a B _____ while I was eating some I _____ C _____

I used to put a can of Comet cleanser in the middle of the front room floor to remind myself to . . . Pick up someone, check the washer, or turn off the water sprinkler. Bathroom mirrors are great places to leave sticky notes for yourself, too. ☺ I have pen and paper with me at all times.

#1 Cause of Memory Loss = *Hormonal Deficiency!*

- **Hormones:**

- Wane as we age
- Deficiencies affect bone health, organ function, energy levels & raise the risk of cancer and heart disease
- Interact with Receptors located all over body
- Interact with cells to improve metabolism

- Brain has largest # of hormone receptors!
- If not enough hormones- cell metabolism slows down
- If brain cells' metabolism slows, so does memory!

From- Dr. Frank Shallenberger,
Solutions to Memory Problems
newsletter article, p. 51-6


www.realcuresletter.com

Hormones that Affect Memory

- T3- Thyroid Hormones

- Affects cell metabolism
- M.D.s often misdiagnose T3 deficiency as Dementia!

- Sex Hormones


- Estrogen & Testosterone
 - Estrogen- levels drop off at menopause
 - Memory problems begin- Trouble with focusing, concentration, clear thinking or remembering
-  – Mood Swings

From- Dr. Frank Shallenberger,
Solutions to Memory Problems
newsletter article, p. 51-6

- Testosterone

- Deficiencies not as noticeable in men
- Hormones decline gradually
- Memory & Concentration may decline, too

- Adrenal Hormones

- Pregnenolone- Master Horm.
 - DHEA- helps raise sex hormone levels. Is good, but don't overdo
 - Women- Too much DHEA= acne, hair loss, oily skin
 - Men- Too much= converts to estrogen- decreased libido, increased body fat, prostate cancer-
-  – **7-Keto-DHEA is best for men**

S T R E S S . . .

- Hormone Disruptor and Memory Killer!
- Long Term- adrenal fatigue, lower adrenal hormone levels, = memory loss
- Causes body to release hormone- cortisol
 - Affects memory & concentration
 - Influences receptor sites of brain cells
- If caused by trauma, infection, other stressors- sends Cortisol levels skyrocketing, makes thinking clearly and remembering difficult
- Recommend- relaxing/meditating 30 minutes/day

Taken from Dr. Frank Shallenberger's newsletter- Vol. 2; www.realcuresletter.com

What to do to Raise Hormone Levels?

- Can't really increase body's production of
- Use **Bio-Identical hormones**, NOT synthetic pills- which are chemical drugs, not hormones
- **Bio-Identical** have fewer side effects + greater results. Get from a Compounding Pharmacy
- Contact American College of Advancement of Medicine www.acam.org (800-532-3688)
- American Academy of Anti-Aging Medicine www.worldhealth.net (800-558-1267)

Prescription Drugs- Memory Stealers

- Many prescription drugs list memory loss as side effect. Try to avoid these:
- Depression drug: Paxil decreases memory
- Also- Benzodiazepines-Xanax, Valium, & Atvian
- Clonidine for hypertension impairs memory
- Dilanton for seizures also impairs memory
- “Polypharmacy” = combined side effects from several drugs used by one person. Notice what happens to memory when starting or increasing medications.
- Avoid too much sugar and starches- they affect memory
- Shift diet from high Glycemic Carbs. to proteins- veggies

When Prevention Isn't Enough. . .

- Dr. Shallenberger recommends the 'drug'- **Piracetam** to restore age related memory loss
- Used in Europe for over 30 yrs. as food supp. Totally safe, non-toxic & NO side effects!
- Derivative of GABA, an Amino Acid & most powerful brain neurotransmitter
- Protects memory loss caused by physical injury (stroke) or chemical poisoning. Improves blood circulation & O2 to brain
- Improves memory of Alzheimer's patients
- Use with **Phosphatidylcholine** and caffeinated **coffee!!**
- Increases levels & effectiveness of Acetylcholine

Dr. Frank's Recommendations

- **Prevention** best for dementia & memory loss
- **Hormone deficiencies** need to be checked out- (Thyroid, Growth, and Sex Hormones)
- Make changes to **diet** & add brain foods- high in Veggies & Protein, low in sugar
- **Manage stress** by deep breathing & using affirmations, take a good multiple vitamin, **exercise** 20-30 mins/day 3 or 4 times /wk.
- Take 120 mg. of **Ginkgo Biloba Extract** and one teaspoon of **Fish oil** daily

More from Dr. Frank. . .

- **Watch your intake of calcium.** Too much is being found to cause damage to arteries!
- **Calcium pills do nothing to strengthen bones** according to the Women's Health Initiative and other studies.
- Excess calcium goes to arteries
- Makes them less flexible, reducing blood flow. This happens in brain, too, causing brain lesions that increase risks of dementia, stroke, depression, brain impairment
- Dr. Frank recommends saving \$\$ for Chelation Therapy which removes calcium deposits. He's been using it successfully for 27 yrs. See www.acam.org for doctors
- Dr. Eleazar Kadile in Green Bay used to do this.

Where to get. . .

- Phosphatidyl choline is available at health food stores. Claudia also has- **Brain Protex & Mind Max** with it from Nature's Sunshine.
- Piracetam is available on the internet:
<http://www.piracetamnootropics.com/?adcenter>
30 day supply for \$34.95 on sale
<http://www.vitabrain.com/piracetam->
60 tablets \$15.99. From Germany where it is more popular
- Piracetam also available at a compounding pharmacy in Las Vegas: Anazao Health. 702-873-8455 Have your M.D. call.