

WELLNESS WITH SANDY

MONTHLY NEWSLETTER

SEPTEMBER 2021

SUPERIOR FOODS FOR SUPERIOR BRAIN HEALTH

One area of nutrition I find the most fascinating is the link to our brain health. Not only is food medicine, but it can also temper the inflammation that typically translates to brain fog, fatigue, and mild cognitive impairment. Our brain is one of our top vascular organs and receives 25 percent of the blood your heart pumps. The Standard American Diet (SAD), which is composed of highly processed foods, can cause a "stickiness" in our brain, slowing blood flow to our vital organs and causing wear and tear. What's more, the standard American diet can actually shrink our hippocampus - our brain's memory center, and can make us more prone to a host of mood disorders.

So, how do we eat in a way that is advantageous for our mental and cognitive health? Below I outline six foods that provide the most nutrients and antioxidants, while also improving vascular health and preventing sugar spikes:

1. Seafood - Our brain is mostly fat, and fish (especially wild salmon) contains all the top fats our brain tissue needs - like Omega 3 DHA and EPA. Omega 3 fats make up around 12 percent of the fat in our brain, and both DHA and EPA make our brain cell membranes more protective and flexible (keeping out neurotoxins and letting in healthy nutrients). Ultimately, seafood protects the tiny blood vessels and protect our brain tissue from excess stress hormones

2. Eggs - The yolk especially contains as many, if not more, nutrients than the white part. It increases the "good" cholesterol, and is the highest source of choline, which builds healthy cell membranes. Choline also builds acetylcholine that helps to send nerve impulses and messages between your brain and your body.

3. Avocados - As a top synergy fruit, avocados extract nutrients from the foods they're paired with. As they are high fiber and low carb, they can also lower sugar spikes when combined with high carb fruits.

4. Olive Oil - contains the most oleic acid, a monounsaturated fat, of any food. Oleic acid is less damaged by oxidation, so less prone to turning rancid (or oxidizing). Olive oil also lowers the level of sticky cholesterol in the blood, and protects our blood vessels from damage.

5. Berries - Blueberries especially have the most antioxidants in their skin, and increase the concentration of the neurotransmitter, dopamine. Berries keep our arterial linings smooth by facilitating blood flow, help speed up nerve impulse transmission, and protect our brains from neuroinflammation (wear and tear).

6. Greens - The greener the greens, the more smart nutrients! Also known as "slow carbs" greens boast a high fiber that blunts sugar spikes from carbs. Rich in nutrients like lutein, folic acid, and beta-carotene, healthy greens can lower inflammation and prevent the accumulation of toxic proteins. Lastly, a serving of healthy greens (especially kale, spinach, or collard greens) can slow down the aging of our brain!

BLOGS OF THE MONTH

PILATES VS YOGA

<https://www.wellnesswithsandy.com/post/pilates-vs-yoga-what-is-the-difference>

PERSONAL PEACE PLAN

<https://www.wellnesswithsandy.com/post/personal-peace-plan>

DID YOU KNOW?

When we move, we make our own medicine. Nitric oxide, an anti-inflammatory biochemical, widens our blood vessels when we exercise. It acts as a neurotransmitter, transporting messages from one neuron to another. This may explain why we feel a bit more emotionally balanced and lucid after an exercise session!

Feel free to check out my Instagram page and my website for more information and updates!

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