

Dr. Smith Live

Energy Medicine: The New Frontier

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Topic: How to Improve Brain Function

- How many people worldwide have dementia?
- Can food directly affect your brain function?
- What is the inflammation connection?
- What diets help prevent dementia?
- What supplements should I take?

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The World Health Organization estimates that more than 55 million people have dementia worldwide, and cases are expected to surpass 150 million by 2050. Yet it's possible that as many as 45 percent of these cases could be prevented by controlling “modifiable risk factors,” including conditions associated with inflammation, such as high blood pressure, high cholesterol, diabetes, and obesity.

By making dietary changes that emphasize foods associated with improved cognition, it may be possible to reduce your risk of dementia—or improve overall brain function.

The Inflammation Connection

Chronic inflammation appears to play a key role in pathways related to the development of dementia. Several factors contribute to an inflammatory state:

1. Adulterated fat especially corn oil, sunflower oil, safflower oil, canola oil, soy oil.
2. Glyphosate (Round-Up) causes leaky brain and leaky gut.
3. Heavy metals from vaccines: thimerosal (ethyl mercury and aluminum).

4. EMFs (wi-fi, cell phone signals, computers, etc.) cause systemic inflammation.
5. Insulin resistance: caused by adulterate fats which turn the cell membranes into plastic, which prevents insulin from passing through causing a rise in blood sugar.
6. Plaque build up in the blood vessels: These fats oxidize and become pro-inflammatory.
7. Fear and stress produce neuropeptides in the nervous system of the brain and the Thalamus, Hypothalamus and Pituitary communicate with one another, leading to the production of hormones that instruct the adrenal gland to produce cortisol (catabolic hormone) and adrenaline, which turn on an enzyme in every cell of your body called Cox-2, and that makes highly inflammatory hormones.

Inflammation in the brain coupled with plastic cell membranes, cellular waste promotes the formation of plaque and amyloid proteins all of which decreases blood supply damaging the brain, which causes dementia.

The Brain Science of Food

Food is a major influential factor in brain inflammation.

“The brain is an energy-intensive organ, consuming around 20 percent of the body’s energy” “Nutrients from

food provide fuel, repair mechanisms, and signaling pathways necessary for healthy brain function.”

A significant amount of what you eat goes toward powering your brain and supporting—or inhibiting—activities such as cognition.

Diet appears to begin influencing brain health early in life. A 2023 study in the European Journal of Epidemiology assessed the diets, brain development, and IQs of thousands of children and found a significant association between eating patterns and cognitive development.

Mothers filled out four-week diet questionnaires for their children at age 1 and again at age 8. From these, researchers identified dietary patterns based on intakes of foods such as fruits, vegetables, grains, fats, and snacks. had measurable effects on the children’s brain development: snacks, processed foods, sugar, whole grains, soft fats, and dairy.

A soft fat refers to a fat that’s typically liquid at room temperature.

MRIs of the children’s brains at age 10 showed that those who followed a low-quality, Western-style diet high in

snack foods, processed foods, and sugars from infancy had lower total cerebral matter. By contrast, children whose diets incorporated whole grains, soft fats, and dairy products early in childhood had more cerebral gray matter and greater gyrification—folds in the cortex that create more total brain surface area.

Researchers noticed increased gyrification in areas important for functions such as literacy, math, reasoning, memory, and decision-making. These changes appeared to influence IQ scores, which were assessed at age 13.

Other studies have sought to identify specific foods and dietary patterns that may support cognitive health. One such diet, the Mediterranean-Dietary Approaches to Stop Hypertension Intervention for Neurodegenerative Delay diet, known as the MIND diet, combines the approaches of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets, both known for their anti-inflammatory properties. The DASH diet focuses on vegetables, fruits and whole grains. It includes fat-free or low-fat dairy products, fish, poultry, beans and nuts.

Nutrition for the Mind

The Mediterranean diet is patterned after eating habits common to European countries bordering the Mediterranean Sea. It is noted for its focus on whole, minimally processed plant-based foods, lean proteins, and unsaturated fats.

The DASH diet was designed to help control factors that may contribute to high blood pressure, which affects nearly half of adults in the United States. It takes a similar approach to the Mediterranean diet by reducing the intake of salt (**editor's note:** lack of potassium not too much sodium that's the problem), added sugar, and high-fat meat (processed meats) and (**editor's note:** pasteurized) dairy products.

The MIND diet emphasizes leafy greens and other vegetables, encourages frequent consumption of whole grains, nuts, beans, and berries, and recommends olive oil (**editor's note:** need omega 6 oils: organic, cold pressed safflower, sunflower, avocado, walnut, and pumpkin seed) as the only added fat. Minimal amounts of poultry and fish may be included, and foods high in saturated and trans fats should be avoided. The overall dietary pattern is high in compounds and nutrients such as fiber, polyphenols,

carotenoids, omega-3 fats, (**editor's note:** omega 6 (organic, cold pressed sunflower, safflower, avocado, walnut oils, pumpkin seed) and vitamins C and E, which may contribute to the beneficial effects observed in research. (**editor's note: all referenced vitamins must be food based**)

In a 2023 prospective study and meta-analysis published in The American Journal of Clinical Nutrition, researchers conducted a study that included 4,066 Chinese adults over age 55 and reviewed existing research to evaluate the effects of the MIND diet on cognitive health. Their results showed that closer adherence to the diet correlated with better cognitive function and “potentially slower cognitive decline in later life.”

Additional research suggests that the Mediterranean and DASH diets may lower pro-inflammatory markers, prevent cognitive decline, and support cognitive performance.

A 2023 meta-analysis (**editor's note:** examination of data from a number of independent studies of the same subject), in order to determine overall trends: the Journal of Neurology showed that a high intake of ultra-processed

foods is associated with an increased risk of all types of dementia, including Alzheimer's disease.”

The Ultra-Processed Brain

“Numerous studies have shown that ... poor dietary habits like increased consumption of ultra-processed, and refined and sugary foods are linked to cognitive decline, increased risk of dementia, and mental health issues,”

Ultra-processed and refined foods tend to be high in saturated fat, trans fat, and refined carbohydrates and low in fiber, a combination that appears to increase the cardiometabolic risk factors that may influence the development of dementia. Processed red meats, which are often high in salt and contain additives such as nitrates, are also associated with a greater risk of causing dementia.

Eating these foods “can lead to oxidative stress, inflammation, and insulin resistance, all of which can impair brain function.”

Ultra-processed foods will alter the gut microbiome and promote inflammation that can damage the gut's protective lining. Remember that the vagus nerve and

lymphatic system provide a direct connection between the colon and the brain.

The Best Diet for Cognitive Health

Follow Benjamin Franklin's philosophy of everything in moderation. Eat more fruits, vegetables, small amounts of grains (**editor's note:** because of high levels of glyphosate), beans; eat grass fed beef with no steroids, antibiotics, or hormones. If possible, eat chicken that was not fed soy or corn and raw dairy products whenever possible. **Note: dried grain cereals specially Cheerios have a high concentration off glyphosate.**

What supplements should I take?

- Clinician's Preference: 11:1 ratio of omega 6 to 3
- Zymessence: systemic enzyme that reduces inflammation and scar tissue; it's also anti-bacterial and anti viral
- Pure Synergy: 60 different organic and wildcrafted grasses, seaweeds, sprouts, herbs, and mushrooms.
- Glutathione: anti-inflammatory
- C3 Curcumin: anti-inflammatory
- Digestive enzymes: GastroCalm
- Food based B-complex: Standard Process Cataplex B and B2
- Cordyceps
- Gingko Biloba: short term memory
- Bacopa: long term memory
- X-39 patch