

BRAIN FOODS





Do You Know?

- What did the apostle John wish for his popular friend Gaius?

3 John 2

- Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.



Genesis/Chapter 1

- 29 And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat (food).

GLUCOSE (1)

- MAIN SIMPLE SUGAR FOUND IN FOOD
- PRIMARY FORM OF SUGAR STORED IN THE HUMAN BODY FOR ENERGY
- THE BODY USES INSULIN TO HELP REGULATE ITS USE OF GLUCOSE
- CRITICAL IN PRODUCTION OF PROTEINS AND IN METABOLIZING FATS
- NEEDED FOR PRODUCING VITAMIN C

GLUCOSE (2)

- FUELS BRAIN CELLS AND RED BLOOD CELLS
- STORED IN THE LIVER AND MUSCLES FOR LATER USE
- USED BY FAT CELLS FOR POWER TO SYNTHESIZE OTHER FATS NEEDED BY THE BODY

Which Biblical character wanted smart children? Daniel /Chapter 1

- 3 And the king spake unto Ashpenaz the master of his eunuchs, that he should bring certain of the children of Israel, and of the king's seed, and of the princes;
- 4 Children in whom was no blemish, but well favoured, and skilful in all wisdom, and cunning in knowledge, and understanding science, and such as had ability in them to stand in the king's palace, and whom they might teach the learning and the tongue of the Chaldeans.
- 5 And the king appointed them a daily provision of the king's meat, and of the wine which he drank: so nourishing them three years, that at the end thereof they might stand before the king.
- 6 Now among these were of the children of Judah, Daniel, Hananiah, Mishael, and Azariah:
- 7 Unto whom the prince of the eunuchs gave names: for he gave unto Daniel the name of Belteshazzar; and to Hananiah, of Shadrach; and to Mishael, of Meshach; and to Azariah, of Abednego.

What are the best brain foods?

- 8 But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.
- 11 Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah,
- 12 Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.

Pulse= beans and/or vegetables

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Daniel's diplomatic career begins

- 14 So he consented to them in this matter, and proved them ten days.
- 15 And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.
- 16 Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse.
- 17 As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams

And the result was...

- 19 And the king communed with them; and among them all was found none like Daniel, Hananiah, Mishael, and Azariah: therefore stood they before the king.
- 20 And in all matters of wisdom and understanding, that the king enquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm.

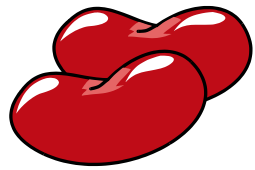


PROTEIN

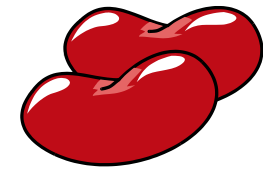
Needed by the body 50-60 grams a day on average

BEANS

- Also known as legumes, should be soaked overnight in fresh water and then cooked in changed fresh water, to release phyto-inhibitors on outer skin to ensure full nutritional value is transferred to the bean consumer



5. Beans



- **Inexpensive, low in fat, and rich in protein, iron, folic acid, and fiber. Choose garbanzo, pinto, black, navy, kidney or lentils.**



NUTS

- Should be soaked over night in fresh water and then eaten raw or added to cooked dishes,
- Soaking releases phyto-inhibitors on outer skin to insure full nutritional value is transferred to the bean consumer

10 Nut-ritious

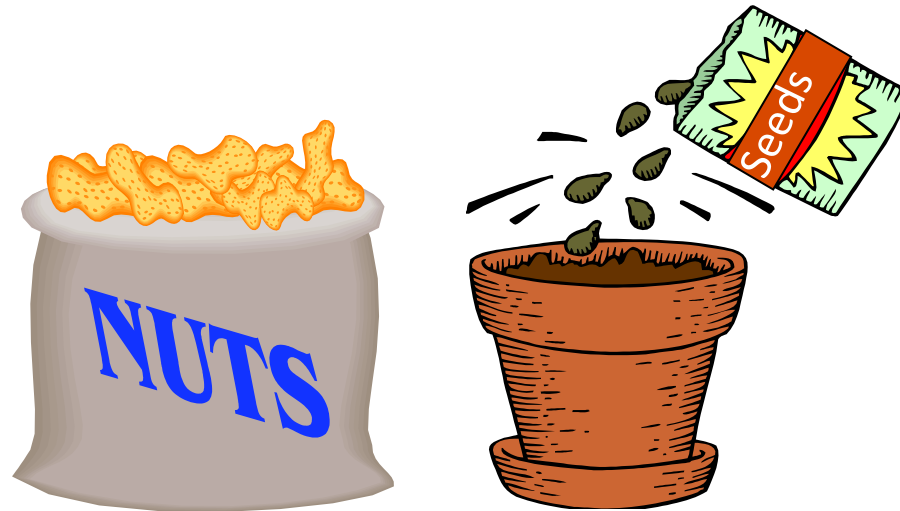


Nuts and Seeds

The Ten Most Nut-Trititious Nuts And Seeds

Related according to their Omega 3
Fatty acids

Selenium and phytochemical value.



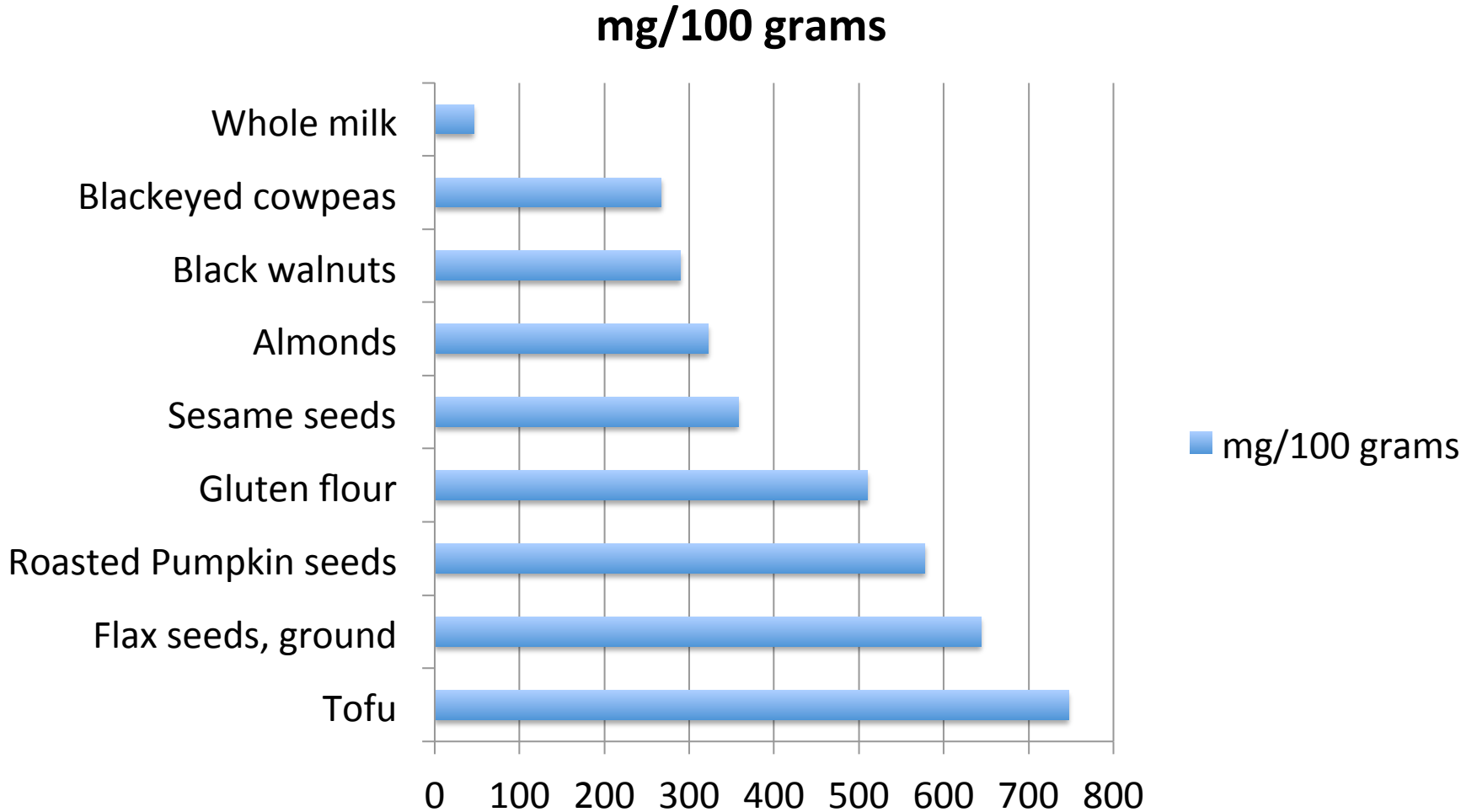
The Healthiest Nuts

- Brazil Nuts
- Walnuts
- Almonds
- Peanuts
- Pecans
- Filberts – Hazelnuts

The Healthiest Seeds

- Flaxseed
- Pumpkin Seeds
- Sunflower Seeds
- Sesame Seeds

Tryptophan Necessary for Serotonin Production in the Brain



What did God provide for the Children
of Israel to eat and drink in the
promised land?

Deuteronomy / Chapter 8

- 7 For the LORD thy God bringeth thee into a good land, a land of brooks of water, of fountains and depths that spring out of valleys and hills;
- 8 A land of wheat, and barley, and vines, and fig trees, and pomegranates; a land of oil olive, and honey;

ROLE OF CARBOHYDRATES

- MAIN ROLE-- STORES AND TRANSPORTS ENERGY
- ASSISTS THE IMMUNE SYSTEM
- PROVIDES ENERGY FOR THE BRAIN
- AIDS IN THE DEVELOPMENT FROM INFANT TO ADULT

FRUITS (CARBOHYDRATES)

- LOW IN CALORIES AND FATS
- SOURCE OF SUGARS, FIBER, VITAMINS, ANTI-OXIDANTS, VITAMINS, MINERALS
- FRUITS CONTAIN PHYTOCHEMICALS: PLANT SUBSTANCES THAT HAVE BENEFICIAL, HEALTH PROTECTING QUALITIES (CAROTENOIDS, FLAVONOIDS)
- COLOUR DETERMINES THE TYPE OF PHYTOCHEMICALS IN THE FRUIT, THEREFORE EAT A VARIETY OF DIFFERENT COLOURED FRUITS
- 2-4 SERVINGS PER DAY

PHYTOCHEMICALS



PHYTOCHEMICALS

- PHYTOCHEMICALS ARE PLANT DERIVED CHEMICAL COMPOUNDS CONTAINING POTENTIAL HEALTH-PROMOTING PROPERTIES
- “PHYTONUTRIENTS” ARE PLANT-DERIVED NUTRIENTS SCIENTIFICALLY CONFIRMED AS IMPORTANT TO HUMAN HEALTH
- PHYTO” —GREEK WORD MEANING “PLANT”
- MANY ARE ANTIOXIDANTS
- MAY HELP SLOW DOWN THE AGING PROCESS AND REDUCE THE RISK OF MANY DISEASES, INCLUDING CANCER, HEART DISEASE, STROKES, HIGH BLOOD PRESSURE, CATARACTS, OSTEOPOROSIS

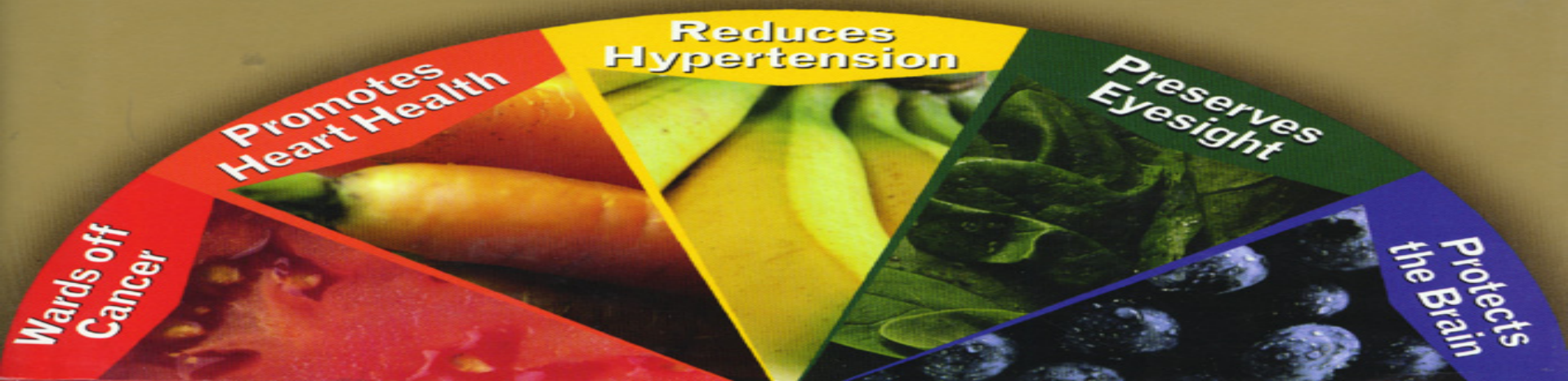
PHYTOCHEMICALS

- THEY ARE WHAT GIVES FRUITS AND VEGETABLES THEIR COLOUR, PIGMENT
- THE BRIGHTER THE COLOUR, THE MORE PHYTOCHEMICALS A PLANT CONTAINS, SOME PLANTS CONTAIN 100'S
- CLOSE TO 2,000 PHYTOCHEMICALS IDENTIFIED IN PLANT FOODS— 800 FLAVONOIDS, 450 CAROTENOIDS, 150 ANTHOCYANINS
- ARE HEAT STABLE, ARE NOT DESTROYED BY COOKING. CAN LOSE NUTRIENTS IF BOILED. SOME PHYTOCHEMICALS LEVELS INCREASE OR ARE EVEN MORE AVAILABLE AFTER COOKING
- PLANTS CONTAIN COMPLEX MIXTURES OF PHYTOCHEMICALS. TAKING SUPPLEMENTS OF LARGE DOSES OF 1 OR 2 PHYTOCHEMICALS NOT PROVEN TO BE EFFECTIVE OR EVEN SAFE

**JAMES A. JOSEPH, Ph.D., DANIEL A. NADEAU, M.D.,
AND ANNE UNDERWOOD**

THE
**COLOUR
CODE**

**A Revolutionary
Eating Plan
for Optimum Health**



EAT THE 7 COLORS OF HEALTH!

WHAT
COLOR
IS YOUR
DIET?

- + **Protect Your Heart, Vision, and Genes**
- + **Strengthen Your Immunity**
- + **Help Fight Cancer**
- + **Reduce Inflammation**
- + **Healthy, Permanent Weight Loss**

**FEATURING
EAT FOR
YOUR GENES
FOOD PLANS!**

DAVID HEBER, M.D., Ph.D.,
DIRECTOR, UCLA CENTER FOR HUMAN NUTRITION
WITH SUSAN BOWERMAN, M.S., R.D.

The Color Code

- RED- Wards off cancer
- ORANGE-YELLOW- promote heart health
- Yellow- Reduces hypertension
- GREEN- Preserves eyesight
- PURPLE- Protects the brain
- Think color, think variety, think whole foods to protect from cancer, heart disease, hypertension, diabetes and osteoporosis p. 213
- The Color Code James Joseph Phd.
- **Lead scientists Laboratory of Neuroscience of the USDA Human Nutrition Research Center on Aging at Tufts U.2002**

ANTHOCYANINS



ANTHOCYANINS

- RED, BLUE, AND PURPLE PIGMENT, FOUND IN STRAWBERRIES, CHERRIES, RASPBERRIES, BLUEBERRIES, CRANBERRIES, GRAPES, BEANS
- COLOUR ATTRACTS POLLINATORS, PROTECTS PLANTS FROM SUN DAMAGE
- STRONG ANTIOXIDANTS
- DEEP COLOUR ALSO HELPS PROTECT THE PLANT FROM OXIDATION, AND EXTENDS THE PROTECTION AFTER FOOD HAS BEEN DIGESTED

ANTHOCYANINS

- INHIBIT CREATION AND PROGRESSION OF TUMOUR CELLS
- NEUTRALIZE ENZYMES THAT DESTROY CELL WALLS WHICH CAN CAUSE BLOOD TO LEAK INTO SURROUNDING TISSUES—OCCURS IN DIABETES
- REPAIR DAMAGED PROTEINS IN BLOOD VESSEL WALLS
- PROTECTS THE BRAIN FROM INFLAMMATION
- PREVENT OXIDATION OF LDL CHOLESTEROL

MEMORY AND DIET

- DRINK PLENTY OF WATER
- EAT ANTI-OXIDANT RICH FOODS, MULTI-COLOURS OF FRUITS AND VEGETABLES
- BLUEBERRIES ARE THE MOST MEMORY-PROTECTIVE FOOD
- AVOID SUGAR, SATURATED FATS
- EAT FOODS RICH IN VITAMIN C AND E
- INCLUDE B12, FOLIC ACID AND OMEGA-3 FATTY ACIDS
- GINGKO DOES NOT HELP MEMORY

VEGETABLES



Vegetables

- Hebrews/Chapter 6
- 6:7 For the earth which drinketh in the rain that cometh oft upon it, and bringeth forth herbs meet for them by whom it is dressed, receiveth blessing from God:

VEGETABLES (CARBOHYDRATES)

- MORE NUTRIENT DENSE THAN FRUIT, LESS SUGARS
 - LOW IN CALORIES AND FAT
 - HIGH IN FIBER
 - GOOD SOURCE OF CALCIUM, MAGNESIUM, POTASSIUM, IRON, BETA-CAROTENE, VITAMINS-B, C, A, K
 - ANTIOXIDANTS
 - EAT A VARIETY OF TYPES COLOURS OF VEGETABLES FOR MAXIMIZED NUTRITION
- *3-5 SERVINGS PER DAY

FRUIT AND VEGETABLE SERVING SIZE

- ½-1 CUP ANY VEGETABLE
- ½ GRAPEFRUIT
- MEDIUM SIZED APPLE, PLUM, PEACH, ORANGE, BANANA
- 1 CUP GRAPES, CHERRIES, STRAWBERRIES, RASPBERRIES

ANTIOXIDANTS

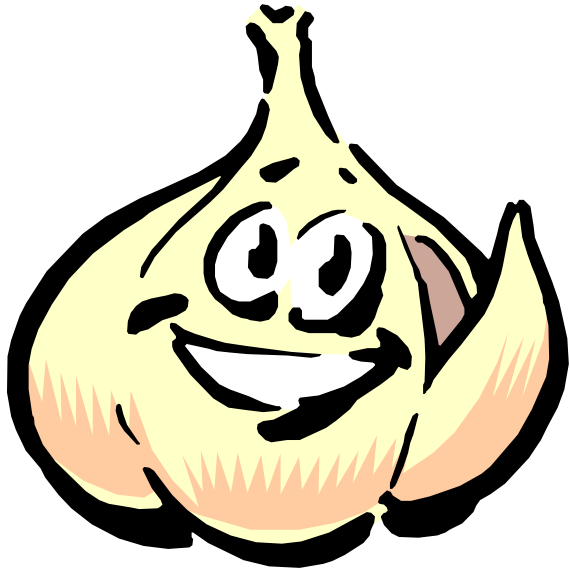
- Literally against oxidation, or decaying of the cells or organisms; disease-fighting powerhouses

Best Cancer Protective Foods

- Jean Mayer at the USDA Human Nutrition Research Center on Aging at Tufts University.
- **Evaluation of anti-oxidant.**
 - **Values of vegetables.**

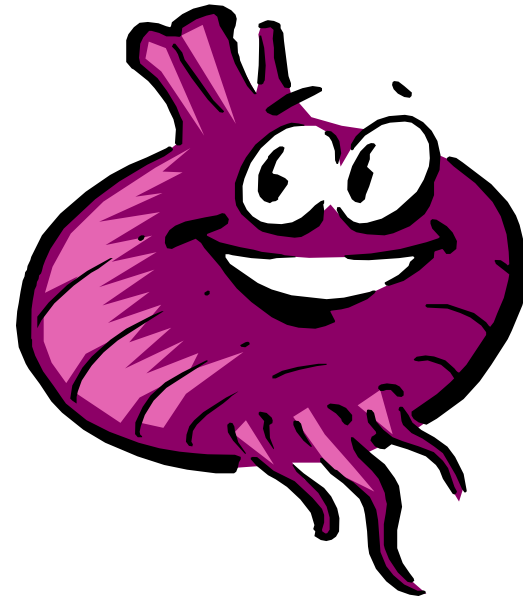


Highest Anti-Oxidants



Onions

Garlic



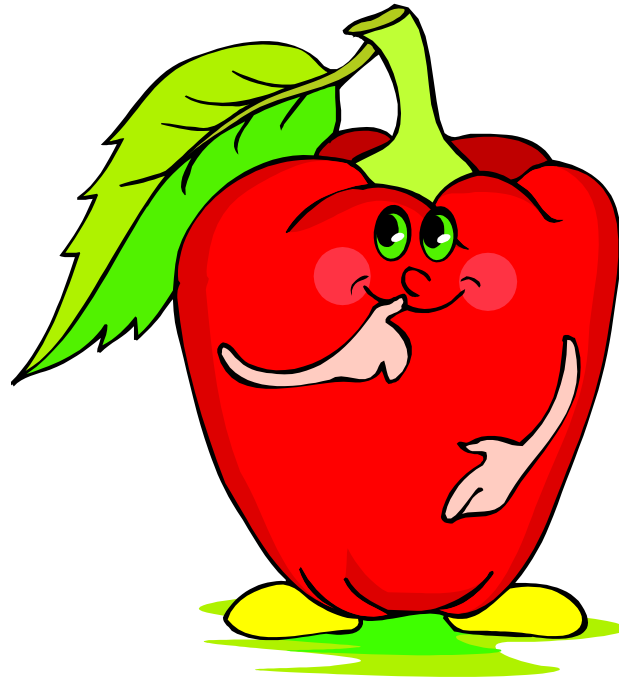
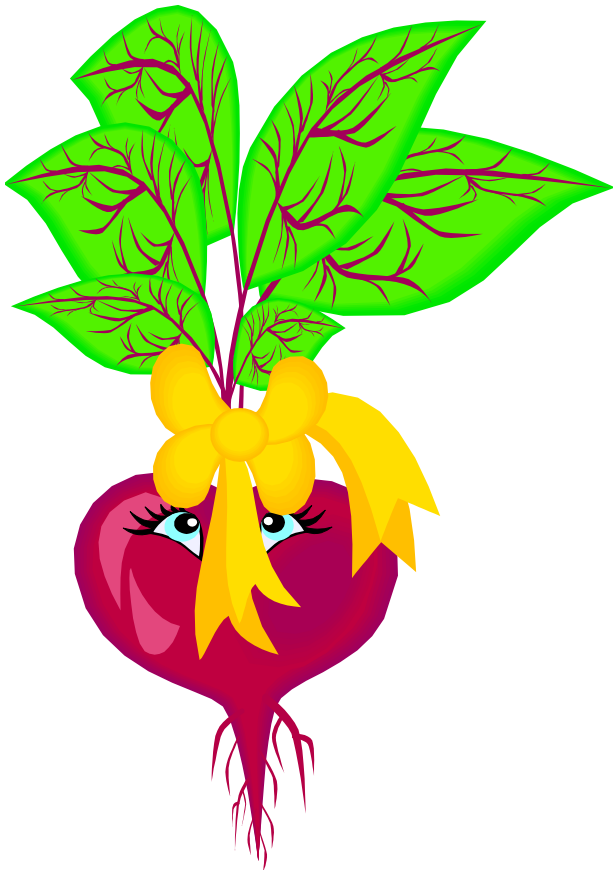
Broccoli Flowers

Alfalfa Sprouts *

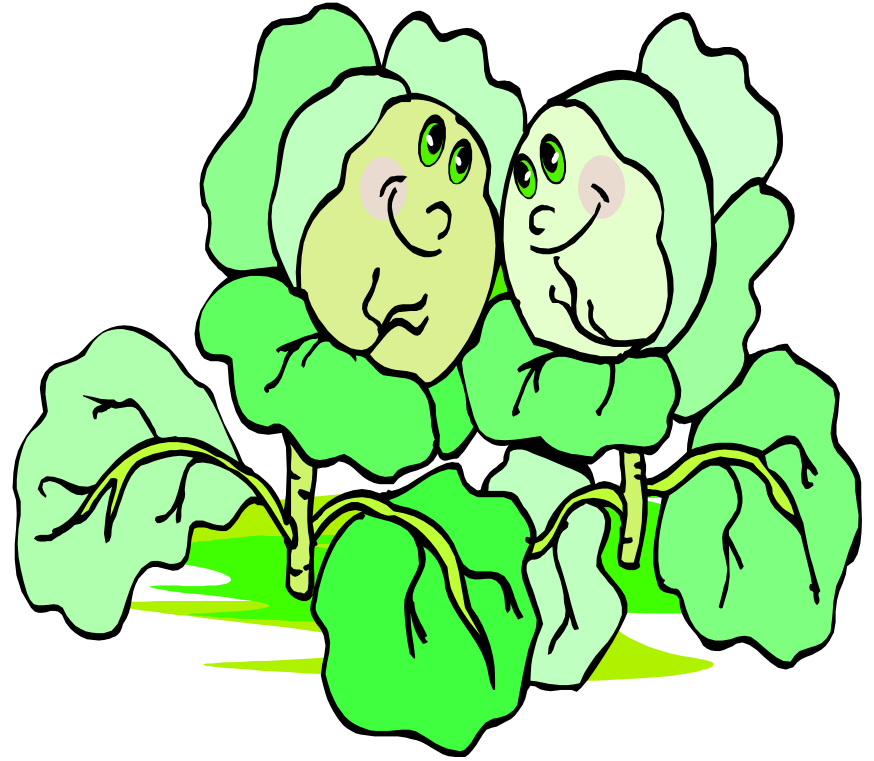
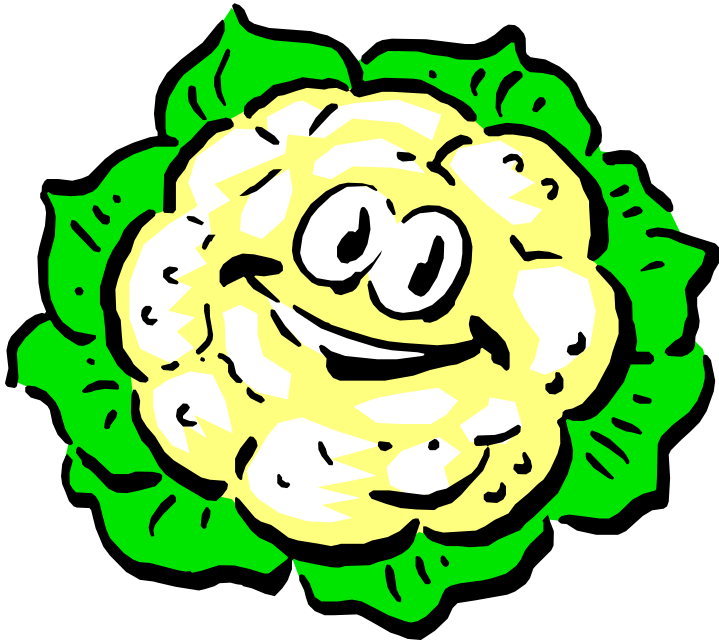


Red Beets

Red Peppers *

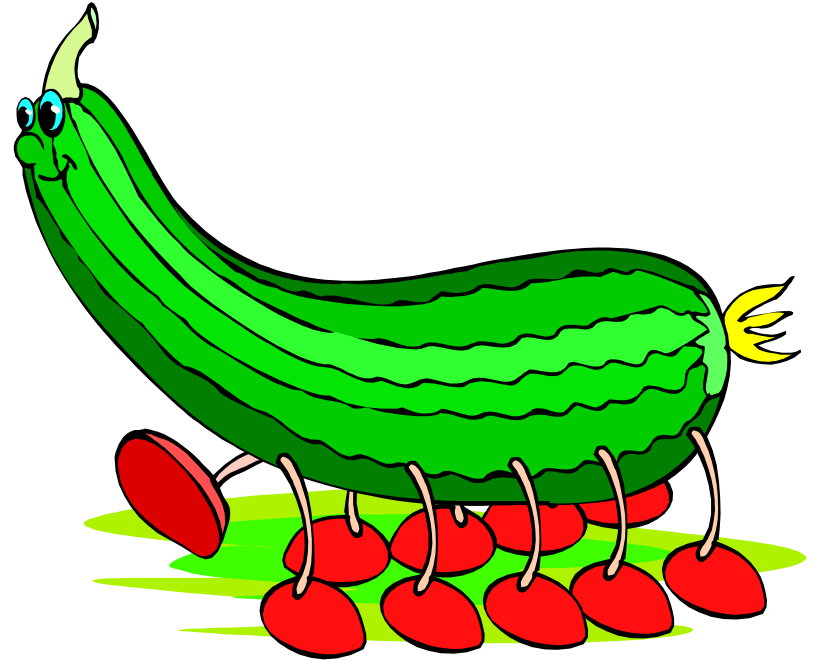
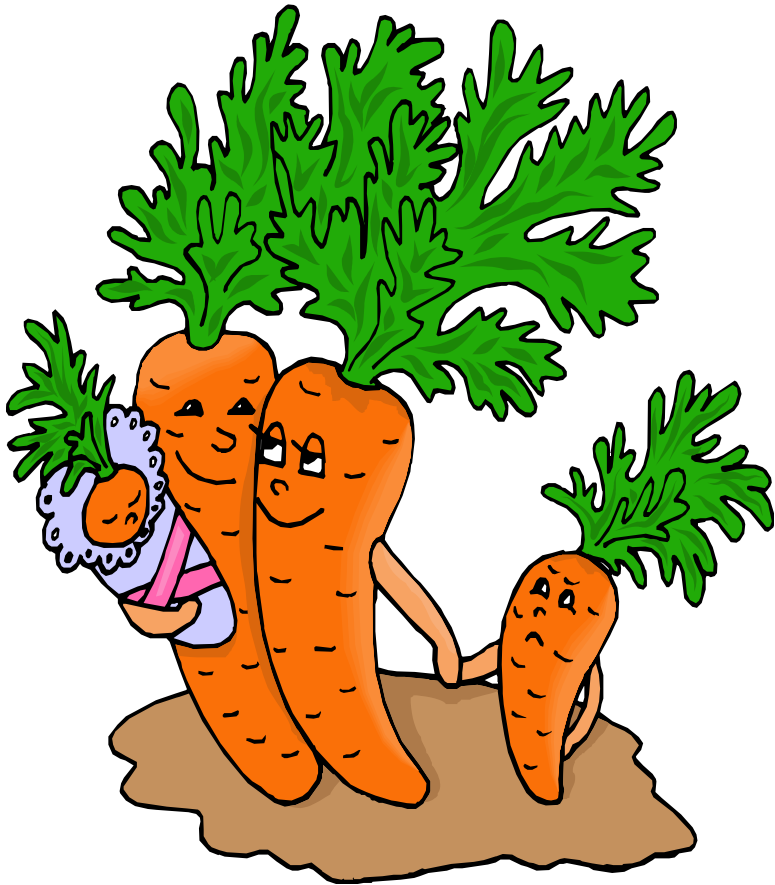


Cauliflower



Cabbage *

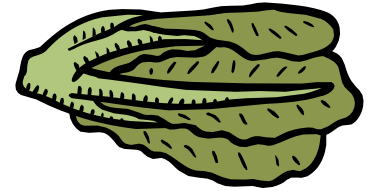
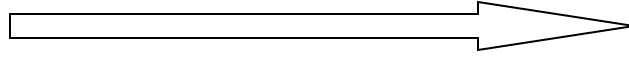
Carrots



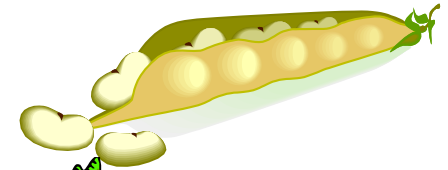
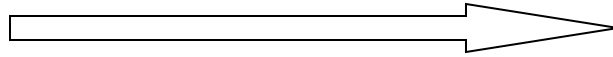
Winter Yellow
Squash *

Lowest Anti-oxidants

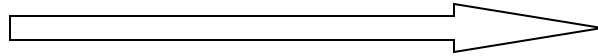
- Leaf lettuce



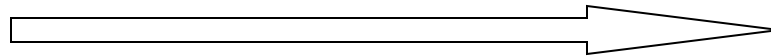
- String beans



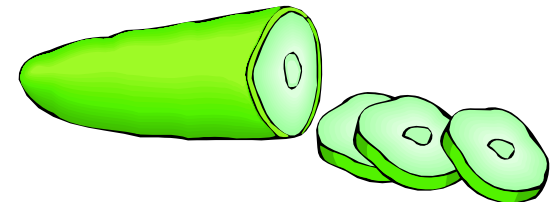
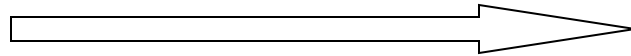
- Yellow squash



- Celery

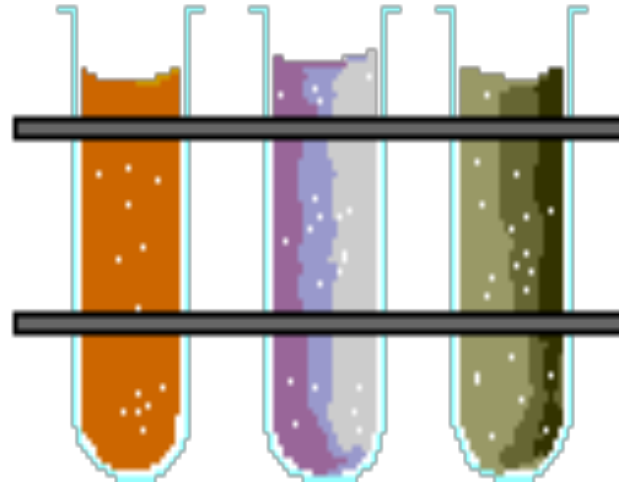


- Cucumbers



Worlds Healthiest Herbs

- Garlic
- Onion
- Chives
- Leeks
- Basil
- Tarragon
- Turmeric
- Dill



- Parsley
- Thyme
- Ginger
- Cilantro
- Coriander
- Anise
- Fennel
- Nutmeg

FUNCTION OF FATS

- NEEDED TO ABSORB FAT-SOLUBLE VITAMINS—A, D, E, K
- MAINTAIN HEALTHY SKIN AND HAIR
- INSULATES ORGANS
- PROMOTES HEALTHY CELL FUNCTION
- SOURCE OF ENERGY
- PROTECT BODY FROM TOXINS
- VITAL FOR CELL SIGNALLING IN BRAIN
- HORMONE PRODUCTION
- LUBRICATE JOINTS

FATS

- A VEGAN DIET IS LOW IN SATURATED AND TRANS FATS, WHICH DECREASES RISK OF MANY DISEASES
- FATS NEEDED TO ABSORB FAT-SOLUBLE VITAMINS, ENERGY SOURCE, ACTS AS AN INSULATOR
- FATS PROVIDE ESSENTIAL FATTY ACIDS (OMEGA 3-6-9)
- OMEGA-6: BRAIN FUNCTION, PREVENT RHEUMATOID ARTHRITIS, ALLERGIES, HIGH BLOOD PRESSURE, BENEFICIAL FOR THOSE WITH MULTIPLE SCLEROSIS, ECZEMA, MENSTRUAL PAIN
- OMEGA-3: DECREASE PLAQUE BUILD-UP IN BLOOD VESSELS, REDUCE TRIGLYCERIDE LEVELS, PROMOTE NERVE HEALTH, REDUCE INFLAMMATION, FOR HEALTHY SKIN AND NAILS, BRAIN HEALTH, GROWTH AND DEVELOPMENT, BENEFICIAL FOR ILLNESSES SUCH AS ARTHRITIS, LUPUS OSTEOARTHRITIS, ASTHMA, DIABETES, IRRITABLE BOWEL, BREAST AND COLON CANCER

FATS, CONTIUED

- EXCESS OMEGA-6 CAN CAUSE INFLAMMATION WHICH CONTRIBUTES TO A NUMBER OF DISEASES
- VEGANS NEED TO ENSURE ADEQUATE LEVELS OF OMEGA-3 FATTY ACIDS TO BALANCE OUT HIGH LEVELS OF OMEGA-6'S OF MOST FOODS. TOO MANY OMEGA-6 ALSO CANCEL OUT HEALTH BENEFITS OF OMEGA-3'S
- PREGNANT WOMEN DEFICIENT IN OMEGA-3 CAN CAUSE NERVE AND VISION PROBLEMS IN THEIR INFANTS. ADULT DEFICIENCIES CAN CAUSE POOR MEMORY, FATIGUE, DRY SKIN, POOR CIRCULATION, DEPRESSION, MOOD SWINGS
- MOST PROCESSED OILS ARE HIGH IN OMEGA-6
- FOODS HIGH IN OMEGA-3: GROUND FLAXSEEDS AND FLAXSEED OIL (ONLY PLANT SOURCE WHICH DOESN'T CONTAIN OMEGA 6'S) CANOLA OIL, SOYBEANS, SOY BEAN OIL, TOFU, WALNUTS, CHIA (SALBA)
- NUTS, SEEDS, AVOCADOES, OLIVES ALSO HIGH IN FATS

*2-3 SERVINGS PER DAY OF FATS

WHOLE GRAINS

How good is your memory ? Answer me this if you can:

- When King David organized the people under captains of thousands and captains of hundreds, what did the people take with them into the wilderness?

2 Samuel / Chapter 17

- 27 And it came to pass, when David was come to Mahanaim, that Shobi the son of Nahash of Rabbah of the children of Ammon, and Machir the son of Ammiel of Lodebar, and Barzillai the Gileadite of Rogelim,
- 28 Brought beds, and basins, and earthen vessels, and wheat, and barley, and flour, and parched corn, and beans, and lentiles, and parched pulse

WHOLE GRAINS

- FORM THE FOUNDATION OF THE DIET
- COMPLEX CARBOHYDRATES
- OUR BODY'S MAIN ENERGY SOURCE
- PROVIDE FATS, FIBER, IRON, B & E-VITAMINS, ZINC, POTASSIUM, MINERALS
- ALSO A SOURCE OF PROTEIN
- LOW IN FAT

*6-10 SERVINGS PER DAY



2. Whole-Grain Bread

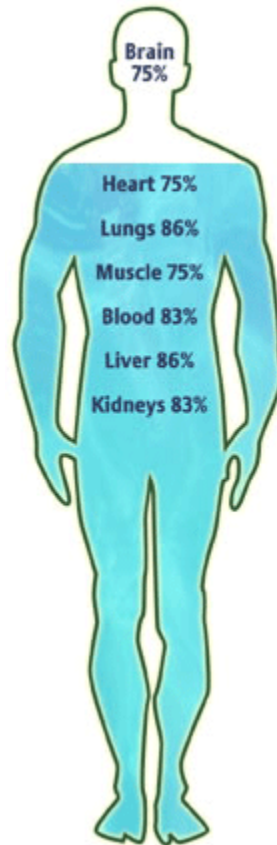
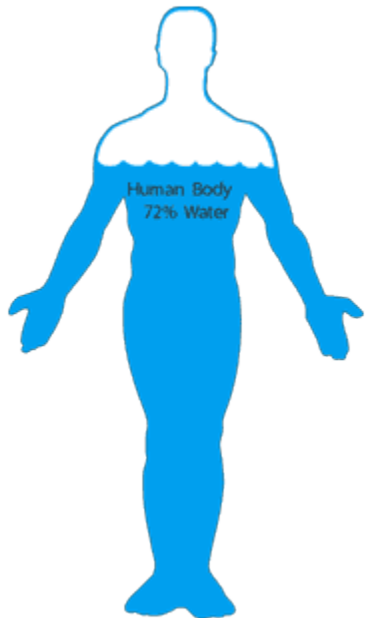
- It's higher in fiber and about a dozen vitamins and minerals than refined white or “wheat” flour. *



WATER

- Divide your body weight by 16. That is the number of 8 oz glasses of water you should drink for optimal brain function and sensible weight loss
- Tip: drink all your water allotment daily before juice, nut or rice or coconut milk or other liquids
- Herbal tea and caf-lib unsweetened count as water

WATER IN THE HUMAN BODY



- Largest component of body
- Makes up 45-75% of body weight
- Brain 75%
- Bones 25%
- Blood 83%
- Lean muscle 75%
- Body fat 14%
- Percentage of body weight that is water is reflective of amount of fat a person has

ROLE OF WATER IN LIVING ORGANISMS

- ALL KNOWN FORMS OF LIFE DEPEND ON WATER
- HAS MANY DISTINCT PROPERTIES THAT ARE CRITICAL FOR PROLIFERATION OF LIFE
- ALLOWS ORGANIC COMPOUNDS (SUCH AS OUR CELLS) TO REACT IN WAYS THAT ALLOWS REPLICATION
- IN HUMANS, INVOLVED IN EVERY FUNCTION
- OF THE THE BODY THAT IS REQUIRED FOR LIFE.
- ALL CHEMICAL REACTIONS TAKE PLACE IN WATER, EVERY CELL IS BATHED IN WATER,
- HUMAN BODY IS A WATER MACHINE DESIGNED TO RUN ON WATER AND MINERALS

DAILY WATER REQUIREMENTS

- CURRENT DAILY RECOMMENDATIONS ARE:
2.7 LITRES FOR WOMEN, 3.7 LITRES FOR MEN
INCLUDING BOTH FOOD AND FLUID INTAKE
- 20% OF OUR WATER INTAKE COMES FROM FOOD SOURCES
- FRUITS AND VEGETABLES ARE 80-95% WATER
- GRAINS ARE 35% WATER
- ONCE FOOD SOURCES ARE TAKEN INTO ACCOUNT, WOMEN
SHOULD DRINK 8 GLASSES
OF FLUID A DAY, AND MEN SHOULD DRINK 12 GLASSES OF
FLUID A DAY
- WITH EXTREME HEAT AND PHYSICAL EXERCISE, CAN NEED UP
TO 16 LITRES A DAY

DAILY WATER REQUIREMENTS

- IT TAKES WEEKS OR MONTHS TO DIE FROM LACK OF FOOD; WE CAN ONLY SURVIVE LESS THAN A WEEK WITHOUT WATER
- A 2% LOSS OF BODY WATER CAN RESULT IN A 20% DROP IN ENERGY LEVELS
- DAILY WE NEED TO REPLACE THE AMOUNT OF WATER THAT IS USED BY THE BODY AND THE AMOUNT THAT IS EXCRETED BY THE BODY THROUGH URINE, FECES, SWEATING AND EXHALING WATER VAPOUR
- INDIVIDUAL DAILY REQUIREMENTS DEPEND ON LEVEL OF ACTIVITY, HEAT, HUMIDITY

EFFECTS OF WATER DEFICIENCY

- WE BEGIN TO FEEL THIRSTY ONCE WATER LEVELS HAVE DROPPED BY 2%
- A DROP OF 5% IS CONSIDERED DEHYDRATION
- A DROP OF 10% OF BODY WEIGHT IS FATAL
- LONG TERM EFFECTS OF WATER DEFICIENCY:
 - LOW BLOOD PRESSURE
 - INCREASED CLOTTING OF BLOOD (STROKES)
 - KIDNEY MALFUNCTION
 - SEVERE CONSTIPATION
 - MIGRAINE HEADACHES
 - WEAKENS THE HEART
 - HIGH BLOOD SUGAR

PURE WATER

- Distilled or boiled
- BPA free
- No flouride – kills brain cells as effectively as alcohol
- In Toronto, despite what the advertising says, DO NOT DRINK THE TAP WATER UNFILTERED, UNBOILED OR UNTREATED
- Drink water, or herbal tea, not coffee or juice

BATHING

- Scrupulous cleanliness is essential to both physical and mental health. Impurities are constantly thrown off from the body through the skin. Its millions of pores are quickly clogged unless kept clean by frequent bathing, and the impurities which should pass off through the skin become an additional burden to the other eliminating organs.
- Most persons would receive benefit from a cool or tepid bath every day, morning or evening. Instead of increasing the liability to take cold, a bath, properly taken, fortifies against cold because it improves the circulation; the blood is brought to the surface, and a more easy and regular flow is obtained. The mind and the body are alike invigorated. The muscles become more flexible; the intellect is made brighter. The bath is a soother of the nerves. Bathing helps the bowels, the stomach, and the liver, giving health and energy to each, and it promotes digestion. {CG 108.3}

THE WATER OF LIFE

“The Bible is the **best book in the world** for giving intellectual culture. Its study taxes the mind, strengthens the memory, and sharpens the intellect more than the study of all the subjects that human philosophy embraces.”

- GW 99

VITAMINS & MINERALS

- Best obtained from organic vegetables, then organic fruit, not supplements, if possible

VITAMIN B12 LINKED TO DEPRESSION

Sources of B12

Food Item	Amount	B12 (mcg)
Dry Cereal (Total)	3 oz.	6.00
Steak 1/4" lean	3 oz.	2.85
Egg Whole	1 lg.	1
Soy Milk (Soy Dream)	8 oz.	1
Soy Milk (EdenSoy Extra)	8 oz.	1
Milk Skim	8 oz.	0.38
Milk Whole	8 oz.	0.36
Chicken Breast	1 lg.	0.32
Egg White	1 lg.	0.2
Spinach Organic	1 cup	0.02
Soybean Organic	1 cup	0.01
Fruits, Vegetables, Nuts, Grains		0

VITAMIN B12

- A VEGAN DIET DOES NOT SUPPLY B12
- B12 IS FOUND IN SOIL. AS WE WASH OUR FOOD, WE WASH AWAY B12
- NEEDED FOR BLOOD FORMATION
- B12 DEFICIENCY CAUSES ANEMIA, IRREVERSIBLE NERVE DAMAGE. ALSO INCREASES RISK OF HEART DISEASE CLOSER TO LEVELS OF MEAT EATERS.
- B12 IS FOUND IN FORTIFIED FOODS, SUCH AS NON-DAIRY MILKS, FORTIFIED CEREALS, AND B12 SUPPLEMENTS
- WE NEED VERY LOW AMOUNTS AND CAN STORE B12 IN OUR BODY FOR MANY YEARS
- **ALL** VEGANS NEED A B12 SUPPLEMENT. NO PLANT SOURCE IS A RELIABLE SOURCE OF THE ACTIVE FORM OF B12
- VEGANS SHOULD HAVE THEIR BLOOD TESTED FOR B12 LEVELS
- DAILY REQUIREMENT FOR B12: 5-10 MCG

FOLIC ACID DEFICIENCY CAUSES DEPRESSION

Sources of Folate

Food Item	Amount	Folate (mcg)
Chickpeas	1 cup	1114
Black-eyed Cowpeas	1 cup	1057
Lentils	1 cup	831
Red Kidney Beans	1 cup	725
Okra Pods	1 cup	269
Navy Beans	1 cup	255
Spinach	1 cup	109
Mustard Greens	1 cup	105
Spanish Peanuts	1/4 cup	88
Fresh Orange Juice	1 cup	75
Sirloin Steak Broiled	5 1/2 oz.	16

OMEGA-3 HELPS DEPRESSION

Plant Foods Containing OMEGA-3 (Linolenic Acid)

Food Item	Amount	Omega-3 (mg)
Flaxseed/linseed oil	1 Tbs.	7520
Walnuts, English (chopped)	1/4 cup	2043
Flax seeds ground	1 Tbs.	1470
Canola oil	1 Tbs.	1267
Walnuts, black (chopped)	1/4 cup	1031
Wheat germ oil	1 Tbs.	938
Soybean oil (Crisco/Wesson)	1 Tbs.	927
Green soybeans with salt	1 cup	637
Spinach (canned)	1 cup	353
Sesame seeds	1/4 cup	140
California avocado	1/2 cup	132
Almonds (dry roasted)	1/4 cup	127
Strawberries	1 cup	90
Blueberries	1 cup	80
Safflower oil	1 Tbs.	55
Turnips	1 cup	50
Banana (medium)	1 each	39
Sweet potatoes (mashed)	1 cup	36
Apple (medium with peel)	1 each	25

FRESH OUTDOOR AIR

- Breathe deeply and often

Effects of Negatively Charged Fresh Air

1. Improved sense of well-being
2. Increased rate and quality of growth in plants and animals
3. Improved functions of the lung's protective cilia
4. Tranquilization and relaxation (decreased anxiety)
5. Lowered body temperature
6. Lowered resting heart rate
7. Decreased survival of bacteria and viruses in the air
- 8. Improved learning in mammals**
9. Decreased severity of stomach ulcers

Brain Response Animal Testing

- Animals were raised in such a way to develop the equivalent of human anxiety disorders. When these animals were allowed to breathe air with an abundance of negative ions they were protected against some of the physical changes linked to anxiety. Animals exposed to negative ions showed a normalization of pertinent brain chemistry measurements and did not show any tendency to high blood pressure or ulcers. 100 Vyssh Nerv Defat im IP Pavlova 1995 Mar-Apr; 45(2): 402-409

Children's Brain Function Testing

- In studies of children, negative ions have also demonstrated salutary effects. In one study, normal children and those with learning disabilities showed measurable improvements in brain function. 102 INT J Biometeorol 1900 May;34(1):35-41

EXERCISE

- By the sweat of your brow shall ye eat bread...
- And He placed them in the garden to dress and keep it...

MEMORY AND EXERCISE

- THE BRAIN DEPENDS ON THE ENERGY IT RECEIVES FROM OXYGEN
- REGULAR PHYSICAL EXERCISE PROVIDES OXYGEN TO THE BRAIN
- SYNAPSES FORM AND GROW IN THE PRESENCE OF OXYGEN
- DEPRIVING THE BRAIN OF OXYGEN WILL CAUSE MEMORY LOSS
- EXERCISE PREVENTS OBESITY WHICH BUILDS PLAQUE ON ARTERIES AND DECREASES OXYGEN LEVELS IN THE BRAIN

BRAIN FUNCTION AND EXERCISE



IMPROVES BLOOD FLOW TO BRAIN, HELPS
CREATE NEW BRAIN CELLS AND PROTECTS CELLS FROM
DYING

- KEEPS YOUR MIND SHARP
- IMPROVES COGNITIVE FUNCTION: CONCENTRATION, MEMORY, REASONING, ABILITY TO LEARN
- STOPS COGNITIVE DECLINE IN ELDERLY—REDUCES RISK OF DEMENTIA

THINGS TO AVOID

- Alcohol
- Sugar
- Spices
- Injury to the head
- Et cetera

FLESH FOOD & ANIMAL BY-PRODUCTS

- Clog the brain as well as the blood, remember the example of the four Hebrew boys in the court of the Babylonian king

Enfeebling a child's intellect

- Children are allowed to eat flesh meats, spices, butter, cheese, pork, rich pastry, and condiments generally. They are also allowed to eat irregularly and between meals of unhealthful food. These things do their work of deranging the stomach, exciting the nerves to unnatural action, and enfeebling the intellect.
CD 369, (1873) 3T 136

What we eat may enfeeble the intellect

- It is impossible for those who give reins to appetite to attain to Christian perfection. The moral sensibilities of your children cannot be easily aroused, unless you are careful in the selection of their food. Many mother sets a table that is a snare to her family. Flesh meats, butter, cheese, rich pastry, spiced foods, and condiments are freely partaken of by both old and young. These things do their work in deranging the stomach, exciting the nerves, and **enfeebling the intellect.**

SPICES

- E.g. black and white pepper
- Not to be confused with herbs, which can be used for flavouring

SPICES

- Spices at first irritate the tender coating of the stomach, but finally destroy the natural sensitiveness of this delicate membrane. The blood becomes fevered, the animal propensities are aroused, while the moral and intellectual powers are weakened and becomes servants to the baser passions. The mother should study to set a simple yet nutritious diet before her family. 391 {CCh 223.9)

Mustard, pepper, spices & pickles

- “In this fast age, the less exciting the food, the better. Condiments are injurious in their nature. **Mustard, pepper, spices, pickles, and other things of a like character, irritate the stomach and make the blood feverish and impure.** The inflamed condition of the drunkard’s stomach is often pictured as illustrating the effect of alcoholic liquors. A similarly inflamed condition is produced by the use of irritating condiments. Soon ordinary food does not satisfy the appetite. The system feels a want, a craving, for something more stimulating. 298 {CCh 223.7}
... Next you find your sons out on the street learning to smoke. CDF 236.





Avoid condiments & spices

- Right habits of eating and drinking and dressing must be insisted upon. Wrong habits render the youth less susceptible to Bible instruction. The children are to be guarded against the indulgence of appetite, and especially against the use of stimulants and narcotics. **The tables of Christian parents should not be *loaded down with food containing condiments and spices.*** {CG 364.1}

Do not cater to an appetite for spices

- A great amount of hard labour is performed to obtain food for their tables which greatly injures the already overtaxed system. Women spend a great share of their time over a heated cook stove, preparing food, highly seasoned with spices to gratify the taste.
(1864) Sp. Gifts IV, 131, 132

Too much cooking leads to neglect of children

- As a consequence, the children are neglected and do not receive moral and religious instruction. The overworked mother neglects to cultivate a sweetness of temper, which is the sunshine of dwelling. Eternal considerations become secondary. All the time has to be employed in preparing these things for the appetite which ruin health, sour the temper and becloud the reasoning faculties. CD 149-150

ALCOHOL

- Twice as caloric as the most calorie dense food

Alcohol metabolizes into sugar, breaks down the immune system, and breaks down the intestinal system

SIDE EFFECTS OF ALCOHOL USE	
High blood pressure	
Stroke	Osteoporosis
Heart problems	Gout
Elevated triglycerides	Rhabdomyolysis
Impaired sexual function	Body weight control
Low blood sugar	Anemia
Vitamin and mineral deficiency	Decreased number of blood platelets
Chronic fatigue	Increased severity and duration of menstrual cramps
ketoacidosis	

Isselbacher KI, Braunwald E Harrisons Principles of Internal Medicine 13th ed.
 Kelley WN, DeVita VT, JR Textbook of Internal Medicine – 2nd ed

Alcohol Decreases Spirituality

- What is one of the ultimate effects of intemperance?
- Apostasy. *“But they also have erred through wine, and through strong drink are out of the way; the priest and the prophet have erred through strong drink, they are swallowed up of wine, they are out of the way through strong drink; they err in vision, they stumble in judgment”* Isa. 28:7

Who should be temperate?

- On whom did Paul urge the importance of sobriety and temperance?
 - All men from youth to old age. “*Young men* likewise exhort to be sober minded.” Titus 2:6. “That they may teach the *young women* to be sober, to love their husbands, to love their children.” Verse 4. “That the *aged* men be sober, grave, temperate, sound in faith, in charity, in patience.” Verse 2.

SUGAR

- Comes in as many as 15 different names
- Is used in almost all processed foods

Sugar

- Sugar is not a good for the stomach. It causes fermentation, and this clouds the brain and brings peevishness into the disposition. MS 93, 1901
- Far too much sugar is ordinarily used in food. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided. (1905) M.H. 302
- Sugar clogs the system. It hinders the working of the living machine. (1870) 2T 369, 370

Brain-stomach connection

- The brain will be affected by the disturbance in the stomach. This may be easily cured if people will study from cause to effect, cutting out of their diet that which injures the digestive organs and causes pain in the head. By unwise eating, men and women are unfitted for the work they might do without injury to themselves if they would eat simply.
Letter 142, 1900, CDF 334-5

Milk & Sugar together affect the brain

- I frequently sit down to the tables of the brethren and sisters, and see that they use a great amount of milk and sugar. These clog the system, irritate the digestive organs, and affect the brain. Anything that hinders the active motion of the living machinery, affects the brain very directly. And from the light given me, sugar, when largely used, is more injurious than meat. These changes should be made cautiously, and the subject should be treated in a manner not calculated to disgust and prejudice those whom we would teach and help. (1870) 2T 369, 370

- We should not be prevailed upon to take anything into the mouth that will bring the body into an unhealthy condition, no matter how much we like it. Why? –Because we are God’s property. You have a crown to win, a heaven to gain, and a hell to shun. Then for Christ’s sake, I ask you, will you have the light shine before you in clear and distinct rays, and then turn away from it and say, “I love this, and I love that”? God calls upon every one of you to begin to plan, to cooperate with God in his great care and love, to elevate, ennoble, and sanctify the whole soul, body, and spirit, that we may be workers together with God...
- It is better to let sweet things alone. Let alone those sweet desserts dishes that are placed on the table. You do not need them. You want a clear mind to think after God’s order. (R&H. Jan 7, 1902)

A simple diet urged

- If we are to walk in the light God has given us, we must educate our people, old and young, to dispense with these foods that are eaten merely for the indulgence of appetite. Our children should be taught to deny themselves of such unnecessary things as candies, gum, ice cream, and other knickknacks, that they may put the money saved by their self-denial into the self-denial box, of which there should be one in every home. By this means large and small sums would be saved for the caused of God...
- We need to to keep more strictly to a simple diet of fruits, nuts, grains, and vegetables. MS 87, 1908

For Clear Minds and Strong Bodies

- I wish we were all health reformers; I am opposed to the use of pastries. These mixtures are unhealthful; no one can have good digestive powers and a clear brain who will eat largely of sweet cookies and cream cake and all kinds of pies, and partake of a great variety of food at one meal. Letter 10, 1891

EIGHT CANCERS LINKED TO SUGAR CONSUMPTION

- Colon cancer
- Rectal cancer
- Breast cancer
- Ovarian cancer
- Uterine cancer
- Prostate cancer
- Kidney cancer
- Cancers of the nervous system

Armstrong B, Doll R. Environmental factors and Cancer Incidence and mortality in different countries with special reference to dietary practices. Int J Cancer 1975 April 15: 617-631

HIDDEN SUGARS IN FOODS

(TEASPOONS)

Malted milk	12 oz	42
Soft drinks	12 oz	10-12
Canned fruit (light syrup)	1 serving	8
Chocolate cake	1(4 oz slice)	8
Chocolate candy	1 oz	7
Fruit pie	1 slice	7
Ice cream	1 scoop	5
Donut, glazed	1 each	4
Jam, jelly	1 Tbs	3

The Food Processor for Windows: Nutritional Analysis and fitness Software
(Computer programme) ESHA Research, Salem, Oregon.

SUGAR WEAKENS WHITE BLOOD CELLS' ABILITY TO DESTROY BACTERIA

Teaspoons of sugar	No. bacteria destroyed
0	14.0
6	10.0
12	5.5
18	2.0
24	1.0

Harris MI. Diabetes in America p.8

THE DISASTROUS END FOR SOME

- Approximately 16,000,000 Americans are diabetic (50% are unaware)
- About 625,000 new cases are diagnosed per year
- Over 6% of those 45-64 years old and as many as 20% of those over 65 have diabetes.
- Total costs may be as high as 90 to 130 billion dollars per year.

Report of the Expert Committee on the Diagnosis and Classification of Diabetes Mellitus, Diabetes care, 1997, 1183-1197.

AFFLICTIONS OF DIABETES

- Life expectancy is shortened by 5 to 1- years or more
- It contributes to 160,000 deaths each year
- Two to twelve times the risk for heart disease
- Two to four times the risk of stroke
- Number one causes of blindness in adults with 12,000 to 24,000 new cases annually
- A factor in half of all foot and leg amputations
- Over 60,000 amputations yearly in diabetics
- In any given year, over 50,000 diabetics are either on dialysis, or have had a kidney transplant (due to diabetic nephropathy)
- Cause of peripheral neuropathy
- Increased risk of breast and uterine cancers

Harris, MI Diabetes In America 2d p.4

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