



## JOAN MARGARET, D.C.

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### *Love-Your-Brain program or Eight Strategies for Brain Healing*

Don't stress about it, though. Start with one step and when you're ready, add another. Gradually stretch yourself to do them all at least three times a week if not daily.

- 1. Stop eating foods that cause inflammation.** The most common sources are gluten/gliadin, which are proteins in wheat and other grains, and casein, which is a protein in milk products, less in goat than cow milk. Avoid refined sugar and high fructose corn syrup.  
**Choose to use organic foods that are anti-oxidants**, instead of those that damage your cells, (see #4, refined carbohydrates): prunes, blueberries, blackberries, garlic, kale, cranberries, strawberries, raw spinach, raspberries, Brussels sprouts, plums, sprouts, steamed spinach, broccoli, beets, avocados, oranges, red grapes, red peppers, cherries, kiwifruit, baked beans, pink grapefruit and kidney beans. A key is color – darker is better.  
**Brain anti-oxidant herbs include catechin from green tea and curcumin from turmeric root.** These herbs and others are in herbal supplements from Apex Energetic, one called NeuroFlam, to calm brain inflammation which causes brain fog and memory loss; GlutenFlam contains enzymes that digest gluten and casein.
- 2. An inflamed gut is an inflamed brain.** Improve your digestion. Additional to a gluten/casein-free diet, consider taking regular digestive enzymes or hydrochloric acid food supplements to help digest your food. Eat only foods that are safe for you, for instance, eliminate refined and processed foods. Eat only whole foods, if possible organic, with three servings per meal of green leafy and colored vegetables, small portions of animal protein and few gluten-free grains.
- 3. Good quality fats and protein are very important.** Those of us who have avoided eating fats all our lives are having greater brain degeneration late in life. This is because we have been missing the fats needed to make neurotransmitters, cell membranes (the brain of each cell) and hormones. Whether or not you are afraid of fats, here are some suggestions. Eat the organic chicken with the skin and eat duck and chicken eggs including the yolk. Supplement your foods with cold-water fish oil and coconut oil from the best sources. Eat 4 teaspoons of coconut oil/day, more if you can, to avoid/cure dementia (see Dr. Mary Newport's article).
- 4. A steady supply of blood glucose is essential.** Natural fats and proteins with adequate minerals (as from seaweed) provide steady glucose. Eliminate all sources of refined carbohydrates, whether or not you think you have problems with your blood-sugar handling. From a lifetime of enjoying refined



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sugar in the diet, we have become pre-diabetic. This is very important! When there are blood sugar-handling problems, the body's digestion cannot supply the brain with steady blood glucose, the name of the sugar we use in our bodies for energy. If you experience low blood sugar or hypoglycemic symptoms, they will mostly occur before meals. Symptoms of high blood sugar or insulin resistance mostly occur after meals. A sign of insulin resistance is weight gain around the waist. Insulin resistance leads to excessive amounts of blood sugar (glucose), which causes damage to the vessels (and joints) and hence plaque which decreases blood flow = less nutrients to the cells downstream.

**The only way out of sugar-handling problems is through changes in your diet.** Eat good protein, fat and only those fruits that are not especially sweet; berries and green apples help keep your blood sugar steady. Eat absolutely NO refined sugar and no alcohol. This advice holds true for those of us already diagnosed with diabetes.

5. **Anemia** is a deal buster on brain improvement because it prevents the red blood cells from carrying oxygen anywhere in the body, including the brain. There are a number of causes, the most common being deficiencies in iron, B12 (both supplied by animal foods) and/or folic acid and other B vitamins (green leafy vegetables). Low stomach acid can cause anemia. Also anemia can be a sign of gluten intolerance, called celiac disease. Cook some chicken livers with onions and use a blender to make delicious liver pate. (See Laura Knoff's books.)
6. **Improve blood circulation.** Exercise to increase blood flow to every cell. Use a rebounder or a BEMER, hike in nature, practice yoga or qi gong. Drink more water. Joan found BEMER water (water electrically charged by applying the BEMER to filtered tap water) doubled her water consumption/day. Bodies want live water and use it more efficiently than tap water that has been devitalized while running in pipes and through treatment plants with toxic chemicals added. Our bodies use water for bio-electric communication among and within the cells, along acupuncture meridians and among chakras.
7. **Decrease your stress.** Poor blood sugar regulation and anemia are huge internal stresses. Also as a consequence of stress in childhood or anytime during our lives, there is perhaps already damage to our circadian rhythm, which will cause upset sleep cycles or insomnia. Meditate, take daily walks in nature and increase your blood circulation. At Joan's office you can buy an Apex product called AdrenaCalm, a cream you apply to the soles of your feet to deliver a biochemical we normally make plenty of, phosphatserine, which quiets the brain and allows you to sleep more soundly. Also because the BEMER delivers more nutrients to the cells, anxiety and stress are greatly



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reduced, enabling restful sleep.

8. **Stimulation** or activation of neurons will increase the plasticity of the brain and also stimulate neurogenesis, making new brain cells. In order to heal the brain and keep it healthy, try cognitive stimulation with mental games and by learning something new. Sing. Sudoku. Posit Science on the computer. Jigsaw puzzles, BananaGrams. Learn a new language, or a new musical instrument. Enjoyable activities encourage your brain to make more neurotransmitters, the biochemical messengers that enable neurons to communicate throughout the body.

**Serotonin gives joy;** Dopamine, pleasure; Acetylcholine keeps our memory alert; GABA lets us relax.