

Nutrition for the Brain

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Life Pyramid

Top- Pure fats/ oils, 1:1 omega-3 and 6

Unprocessed grains- gluten free.

Lean clean protein to maintain muscle

Vegetables, fruits, 9 servings a day of each.

Supplements, EFA's (92% RDA), plant nutrients

Think, drink, sleep, eat, poop, move and talk

Bottom line- Love and discipline, you need some pleasure daily.

**** You can get through any horrendous event in your life as long as you have a higher purpose.

ADD/ ADHD

- Ginkgo-rose increases brain circulation.
- Alpha Lipoic Acid- is for brain oxidation, it is one of the strongest anti-oxidants there is and has an oil base so better absorbed through the blood-brain barrier.
- Rosemary is an antioxidant.
- Dopamine- in the frontal lobe impacts impulse control.
- Nutritional deficiencies- DHA, B6,
- Toxic gut chemicals.
- Gluten, dairy, derived apoids
- Toxic metals
- Dysbiosis, chemical metabolites.
- Treatment- Premium Red- 1 scoop, omega-3, EPA/DHA, ginkgo-rose.

Brain Circulation: page 54

- Ginkgo-rose ox.
- Ginkgo flavone glycosides increase the number of serotonin receptors over a period of 9 to 12 months.
- 1 TID between meals.
- Increases circulation CNS and periphery which enhances O2 delivery.
- Rosemary- antioxidant properties, acetylcholinesterase inhibitor "herb of remembrance".
- Contraindications- patients on blood thinners. Ginkgo inhibits platelet aggregation by inhibition of PAF.

ADD/ADHD: page 54-55

- The essential feature of ADHD is a persistent pattern of inattention and /or hyperactivity- impulsivity that is more frequent and severe than is typically observed in individuals at a comparable level of development.
- ADD/ADHD according to new research is the same in boys as it is in girls. However the girls manifest mostly ADD and are harder to diagnosis.
- ADHD is found in 5-10% of school age children and is responsible for nearly half of the referrals to childhood diagnostic clinics.
- Related to suboptimal function of a region of the frontal lobe related to impulse control, which dopamine is the neurotransmitter.
- Dopamine is the strongly implicated in the reward mechanism of the brain.
- Children with ADHD also have a strong predisposition to addiction.
- **** It is no wonder they do, if you drug them when they fell they have this problem and anytime they have something new you drug them their future thought process is I have to have a drug to feel better so I am going to take recreational drugs

Causes:

1. Nutrient deficiencies DHA.
2. Neurotransmitter cofactors (B6).
3. Toxic gut chemicals- gluten derived opiods.
4. Dairy derived opiods- dysbiosis chemical metabolites.
5. Toxic metals.

ADD/ADHD Protocols:

1. Premium red, pure protein –1 scoop BID, 1 tblsp organic flax seed, ½ banana, 4 frozen strawberries, 1 tblsp honey, 4 oz. Vanilla rice milk.
2. Ginkgo-rose-ox 1 BID.
3. American ginseng (100mg BID).
4. EPA/DHA extra strength 1 with meals.
5. Metagenics or liquid vitamins I oz.
6. Alpha lipoic acid
7. CoQ10
8. Elimination diet.