

BRAIN

FOOD

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IMPORTANT

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Brain Food

The following supplements and minerals, daily (min to max dose noted), are believed to have a very positive influence on brain-tissue and functioning:

- Lecithin - 20 mg (preferred: Lecithin granules - 2 x tablespoons daily (can be taken in juice or sprinkled on food), plus safflower oil - 1 x tablespoon daily)
- Vit A - 10,000 iu
- Vit B-complex 100 - 100 mg, includes thiamine (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), pantothenic acid (vitamin B5), pyridoxine (vitamin B6), biotin, folic acid and the cobalamins (vitamin B12).
- Pantothenic Acid - 12 mg
- Vit C - 100 to 1000 mg
- Vit D - 5 mcg
- Vit E - 60 mg
- Zinc - 15 to 50 mg
- Selenium - 200 mcg
- Omega 3 oil - 100 mg
- Co-enzyme Q10 - 6 to 120 mg
- Iron - 7 mg
- Manganese - 4 mg
- Copper - 1.5 mg
- Chromium - 50 mcg
- L-Arginine - 40 mcg
- L-Carnitine - 200 mg, 3 x daily; increasing after 1 week to 400 mg, 3 x daily
- Alpha-lipoic acid - 100 mg, 4 x daily
- Glutamine - 10 mg
- Glutathione - 5 mg

- Phosphatidylserine - 10 mg
- Phosphatidylcholine - 10 mg (derived from lecithin, and is a primary dietary source of choline)

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More Brain Food

- **Alfalfa** - Alfalfa contains some 300 natural nutrients and phytonutrients. Further, alfalfa is a good source of proteins as it is composed of 50% alfalfa protein. It is rich in vitamins, which include beta carotene, Vitamins A, B1, B2, B5, B6, C, E and K. Alfalfa is also a good source of minerals such as calcium, iron, copper, magnesium, potassium, phosphorus, and sulphur. It is also a natural source of amino acids, and provides rich sources of the *nine essential amino acids. Moreover, alfalfa also contains phytonutrients such as saponins, octasonols and isoflavones, which are responsible for some of the curative effects.
- **Apples** - Apples contain high levels of quercetin, an antioxidant that has been shown in recent studies to protect against Alzheimer's disease. Although it is also present in the flesh, the most quercetin is found in the skin. Red apples also contain anthocyanin in their skins.
- **Blueberries** - Blueberries have been shown in numerous studies to do wonderful things for memory and the brain in general. Old rats that were fed blueberries scored the same as young rats on memory tests. Blueberries contain anthocyanin, a known memory-boosting phytochemical. They also contain many other phytochemicals that may contribute to healthy brain function.
- **Broccoli** - Broccoli contains quercetin. It's also a good source of folic acid.
- **Cherries** - Another red food that is a good source of anthocyanin.
- **Eggplant** - Eggplant is a great source of anthocyanin. It also contains nasunin, an antioxidant that protects the lipids in brain cell membranes.
- **Grapes** - Red, purple, and black grapes all contain quercetin and anthocyanin. Red wine also contains good levels of these phytochemicals, but overindulging in red wine may negate the benefits so keeping consumption to one glass per day may be wise.
- **Onions** - Red onions contain anthocyanin and quercetin. Yellow and white onions also contain good levels of quercetin. In India, where onions are an important staple, onions have been used as a folk remedy to boost memory for centuries.
- **Red Beets** - Beets are a good source of anthocyanin and folic acid.
- **Rosemary** - Researchers have found that the carnosic acid in rosemary is neuroprotective and may play a role in the prevention of Alzheimer's disease and other neurodegenerative brain disorders. One study even found that just the scent of rosemary improved the memories of office workers.
- **Spinach** - One study found that feeding rats spinach prevented and even reversed memory loss. This may be due in part to its high folic acid content, a nutrient that is believed to be protective against Alzheimer's disease and age-related memory loss. Just a half-cup of cooked spinach provides two-thirds your daily requirement of folic acid.

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