

## Nutrition: Complementary & Alternative Choices

# Neurologic Conditions

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### The Neurologic discussions are:

- Simple Depression
- Schizophrenia
- Dementia - Alzheimers

### Nutritional Supplementation

*This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.*

The health of the brain is dependent upon having all of the essential nutrients available DAILY! The brain needs its own support system to function at its very best.

It is important to ensure that the blood supply to the brain is as good as it can possibly be. This is dependent upon good heart action and patent blood vessels. The lungs are vital to supply oxygen to the blood and to eliminate some of the metabolic byproducts from the body. The kidneys further eliminate waste products. The liver plays a vital role in eliminating toxic waste.

The necessity to maintain these functions underscores the reason to have all of the essential nutrients present in adequate amounts to maintain the body. The brain (and all neurologic functions), of course, lives within the body.

This underscores the need for the essential fatty acids, amino acids, vitamins and minerals.

The brain is 60% fatty acids and it is heavily dependent on essential fatty acids (EFA) - which it must have every day! The important omega 3 fatty acids are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). The important omega 6 fatty acids are arachidonic acid (AA) and gamma linolenic acid (GLA). These preformed, polyunsaturated fatty acids (PUFAs) are necessary for function (EPA) and structure (DHA) of the brain. They must be ingested daily because the body cannot make them from anything else you eat.

Studies have shown that inborn errors of metabolism of fatty acids can be responsible for many neuropsychiatric problems. These problems can sometimes be minimized by the ingestion of certain EFAs and certain vitamins and minerals.

## **Discussion**

Neurologic conditions deal with problems of the central, peripheral and autonomic nervous systems. The problems of depression, schizophrenia, bipolar and severe depression are ubiquitous in the population and medical treatments are, for the most part, ineffective.

As the population ages, Dementia and its close relative, Alzheimer's, impacts an increasing number of families trying to cope with the consequences. Poor nutrition, especially a lack of quality protein, essential fatty acids and vitamins and minerals, is common in person's with aging brains. A good supplementation and a good diet may slow down the negative consequences.

## **Here is my three step process to prevent and combat loss of function of the brain**

1. Exercise - The link between exercise and brain health is not a new revelation
2. A Healthy Diet that is high in quality protein and essential fatty acids - See the Low Carbohydrate Nutrition protocol
3. Avoid Aspartame and minimize simple carbohydrates

## **Supplements**

The supplements I recommend in these protocols are the *minimum* you need daily to fuel this marvelous biochemical factory (your body) you live in.

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