



Food for Thought, Literally!

By Michael Gesling
Integrative Health Coach
Wellness for Safety

What are we talking about?



Disclaimer

- The information in this presentation is for educational purposes only. It is not intended as a substitute for the diagnosis, treatment, or advice of a qualified, licensed medical professional. We offer this as information only, not medical advice, and in no way should anyone infer that we are practicing medicine. Seek the advice of a medical professional for proper application of this material to any specific situation.

The Battle Within!!!



Objectives

- Learn what foods are needed for brain function
- Learn what foods interfere with brain function
- Think about food and body function

What DOES the brain need?

- Glucose in the right amount and type (from fresh fruits, vegetables, grains (non-gluten))
- Saturated fats (Coconut Oil)
- Proteins from nuts, etc.
- The key is a balanced diet, where all macronutrients — carbohydrates, fats and proteins — are given their due fats
- Source: <http://www.livescience.com>

Causes for “Fuzzy Brain”

- Lack of sleep
- Low blood sugar
- Allergies
- Dehydration
- Electrolyte imbalance after heavy exercise
- Thyroid conditions
- Lyme Disease
- Chemicals
- Menopause
- Medications
- Chemotherapy
- Substance abuse
- Mercury poisoning
- Hormonal imbalance
- Depression
- Fibromyalgia

Narrow it down to foods!

- Boxed or packaged – not REAL FOOD
- Flour, sugar and HFCS
- Brain needs macronutrient proteins, complex carbohydrates & healthy fats
- Brain is 60% fat by volume (low fat diets = bad)
- Skipping meals or too large of a meal (nap time)
- Allergies/sensitivities to soy, gluten, dairy
(Americans get 67% of calories from these three foods)
- MSG & artificial sweeteners are known neurotoxins causing headaches, dizziness, etc.

Here are common “Triggers”



Chemicals....

- Every day we inundate our bodies with chemicals...
- In food & drinks
- In hygiene products
- In cleaning products
- in mercantile
- In prescription medications
- The human body is not designed to process these chemicals individually, let alone as compounds or synergistically!

Who can identify this “FOOD”?

- *Enriched Bleached Wheat Flour [Flour, Reduced Iron, B Vitamins (Niacin, Thiamine Mononitrate (B1), Riboflavin (B2), Folic Acid)], Corn Syrup, Sugar, High Fructose Corn Syrup, Water, Partially Hydrogenated Vegetable and/or Animal Shortening (Soybean, Cottonseed and/or Canola Oil, Beef Fat), Whole Eggs, Dextrose. Contains 2% or Less of: Modified Corn Starch, Glucose, Leavenings (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Sweet Dairy Whey, Soy Protein Isolate, Calcium and Sodium Caseinate, Salt, Mono and Diglycerides (from petroleum), Polysorbate 60, Soy Lecithin, Soy Flour, Cornstarch, Cellulose Gum, Sodium Stearoyl Lactylate, Natural and Artificial Flavors, Sorbic Acid (to Retain Freshness), Yellow 5, Red 40*
- *Blue = likely GMO products*
- *Green = sugar*

- *Source: <http://blog.fooducate.com>*

What are we doing?



Questions?

Thank You for your interaction and
best of health to you all!

“Think About It”



Wellness for Safety