

Nutrition for Neurological Wellness

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@ Equinox Integrative
Wellness

- THE IMPORTANCE OF A HEALTHCARE TEAM
- WHAT IS CERTIFIED NUTRITIONAL PRACTITIONER?
- BODY BASICS - MACRO & MICRONUTRIENTS
 - What are they and where to get them?
- COMMUNITY IN HEALTH
- RESOURCES
- MEDITATION - Finding softness around the tension

A COMMUNITY APPROACH TO HEALTH

- ALL PRACTITIONERS HAVE THEIR AREAS OF EXPERTISE
- A Certified Nutritional Practitioner can build a daily plan in alignment with your Doctor's diagnosis.
- We can also help you simply eat better when there is no diagnosis present.
- Be sure to go over any new treatments with your primary care physician.
- Cultivate health as a daily practice - what is one beneficial thing I can do for myself on a daily basis and what is one thing I can let go of?

WHAT IS A CERTIFIED NUTRITIONAL PRACTITIONER?

- Scientific evidence based professional who specialize on diet, the digestive system, gut/brain connection
- I myself completed a 2-year course through an approved private college.
 - Institute of Holistic Nutrition.
- We help you screen for environmental nutritional, physical, mental sources of stress and toxicity. We can help you eliminate our reduce stressors on the body so it can heal and rebuild.
- Registered with the International Organization of Nutritional Consultants - IONC

NUTRITION FOR THE NERVOUS SYSTEM

A LOOK AT WHAT THE BODY NEEDS.

FUEL

MACROS & MICROS

- There is a strong link between DYSGLYCEMIA and Central Nervous System Dysfunction.
- Our Brain, Nerves, Muscles and Organs all require steady fuel. Fuel that we get from our diet.
- When our “fuel supply” becomes interrupted, the brain (command centre of the nervous system) requires more than 80% of our blood sugar - can suffer.

MACROS = FOOD GROUPS

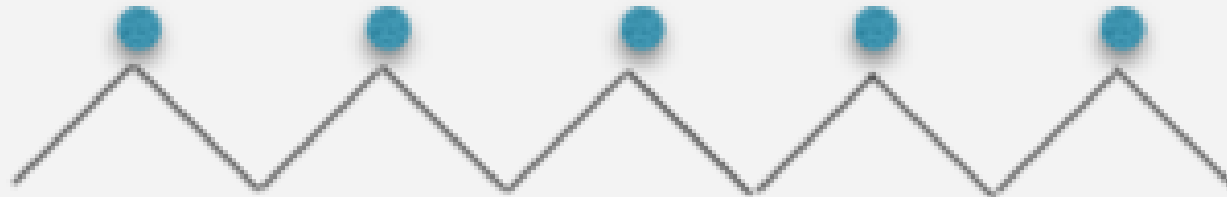
MICROS = VITAMINS, MINERALS, SMALLEST COMPONENTS OF FOOD

MACROS

CARBOHYDRATES / STARCH / FIBER



PROTEINS



FATS



CARBOHYDRATES

- Simple / Complex / Fibre
- “Quick Burning” Fuel - Requires Insulin to get into the energy centre of the cell.
- *NOTE* B12 is essential for the utilization of carbohydrates for energy and a deficiency can mimic Dystonic tremors.
 - (pubmed* article “*Involuntary movements due to B12 deficiency*” De Souza A., et al. Neurol Res. 2014))
- Complex carbs have a slower absorption rate and therefore are a “Medium Burning” fuel. Easier for our body to react to the blood sugar spike, less of a “crash” after.
- Food for our internal bacteria which are responsible for many biological functions. Also creates “bulk” for elimination.

PROTEINS

- Made of amino acids - think of them as the “Lego’s” or “Building Blocks” that make up Protein.
- Important for bodily *structures* such as muscles, skin hair.
- Synaptic Receptors are made of protein.
- Much of neurotransmitters are made up of amino acids.

FATS

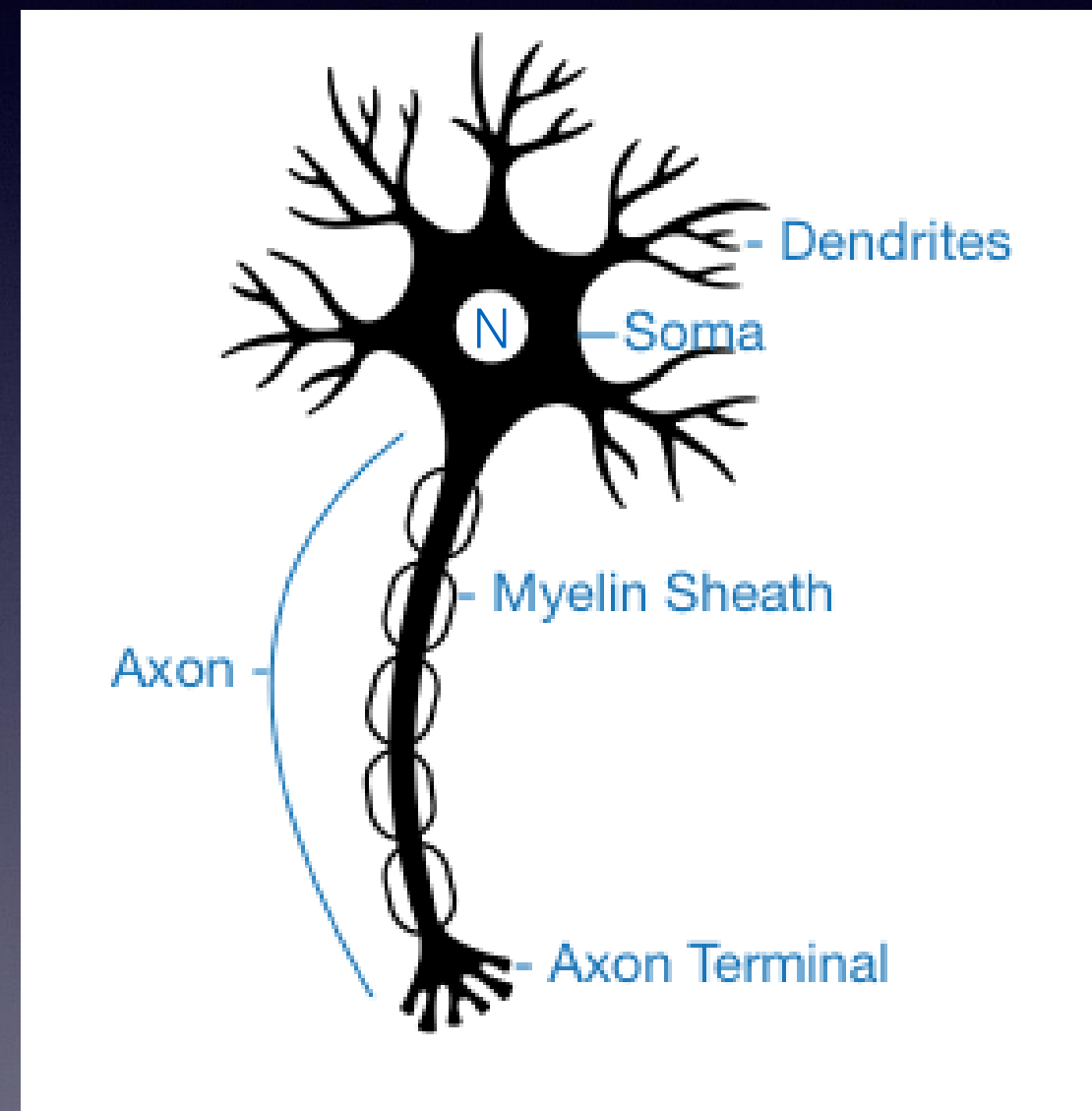
ARGUABLY THE MOST IMPORTANT MACRONUTRIENT FOR NERVOUS SYSTEM

- 25% of the wet weight of the brain is fats.
- EFA'S - Essential Fatty Acids - make a large portion of our brain and nerves. More on this later....
- Important part of hormones and cell structures *especially nerves*
- Used for “Slow Burning Fuel” aka Ketosis.
 - Does not require Insulin

CONSULT WITH A QUALIFIED PRACTITIONER BEFORE ATTEMPTING ANY EXTREME DIETARY CHANGES

THE ANATOMY OF A NERVE CELL

- NUCLEUS
- DENDRITES
- * MYELIN SHEATH *
- Coated in Omega Fats

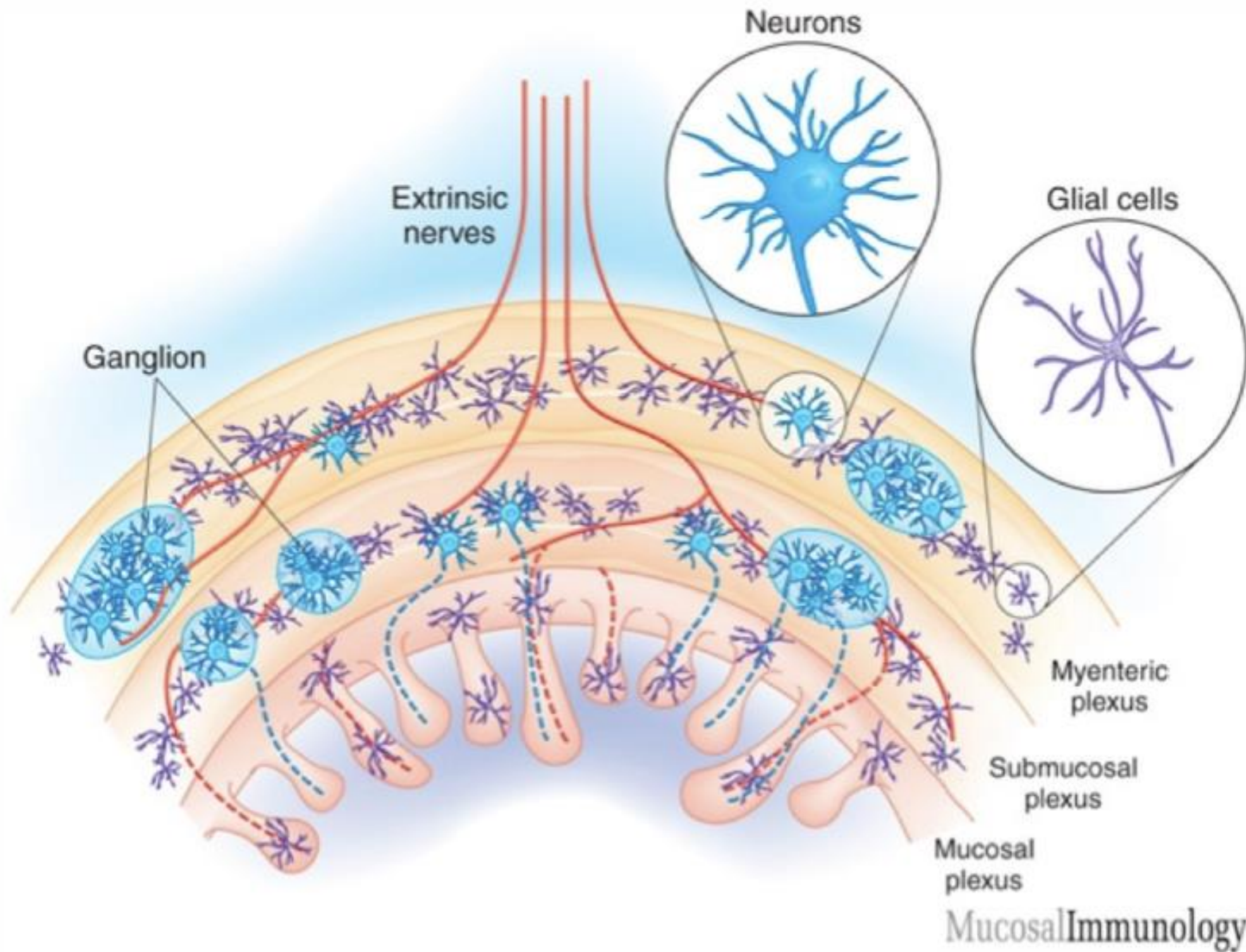


FATS & THE MYELIN SHEATH

- Made up of EFA's - Essential Fatty Acids
- Called essential because we can't make them. Need to get them from the diet.
- Also commonly referred to as Omega 3, 6, 9
- Sources are organic meats, nuts, seeds, oils, animal fats.

THE GUT BRAIN CONNECTION

THAT GUT FEELING



Mucosal Immunology (2008) **1**, 328–329
 10.1038/mi.2008.25

Enteric nervous system and the GI tract

QUALITY FOOD SOURCES

- DOES IT GROW ON LAND?
- DOES IT SWIM IN THE SEA?
- DOES IT RUN ON THE EARTH?

This is type of food we have been consuming for *hundreds of thousands of generations*.

- Most research will show that we may be living longer, but are not necessarily healthier. Stats Canada is *full* of historical data.
- The Industrial Revolution has changed our food supply in major ways - creating “foods” that our bodies may not know how to process. This has also disconnected many people from the land and their food.

WHERE TO BUY?

- FARMER'S MARKETS - Listings found on eatlocal.org
- Local food deliveries - in Vancouver SPUD.ca
- Start a buying club
- Locally owned and operated grocery stores and markets *
Harvest on Union * - No obligation crop share agreement
- Herd and Crop Shares - Also can be found on eatlocal.org
- Start your own garden or join a community gardening co-op



A RETURN TO HEALTH AND COMMUNITY

- Potlucks
- Cooking classes
- Attend conferences
- Documentary nights
- Group preserving projects are all great ways to connect around health.

REMEMBER THAT
TOMORROW'S HEALTH
BEGINS TODAY

WHAT IS THE NEXT BEST STEP YOU
CAN TAKE NOW?

FINDING EASE AROUND TENSION



RELEASING FIGHT OR FLIGHT

A MEDITATION