Feed Your Brain: The Best Foods And Supplements To Prevent Alzheimer's Transcript

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Introduction to menopause and brain health

Hello. Hello. Welcome back to Mastering the Menopause Transition 3.0. I'm your host, Dr. Sharon Stills. It's an honor and a privilege to be your guide through this summit.

And help you understand what you need to know about menopause. There's a lot of myths out there, and we are busting the myths and bringing you information that is just going to rock your world, and you are going to feel great, and you are going to love being in menopause.

And today I'm going to be talking with Dr. Robert Love, who is a neuroscientist, and we're going to be talking all about the brain. In my practice, when I woman comes to see me as a patient and she fills out, you know, her chief complaints pretty much like nine out of ten women.

I usually give them like five lines to write their chief complaints and nine out of ten women are concerned about memory loss, brain fog, getting dementia, getting Alzheimer's.

They want to prevent it. And so that's why I wanted to bring Dr. Love on today, which is just a Dr. Love is like a great name. So. But we want to talk. He's an expert.

He just had an article published in the Journal of Alzheimer's Disease, which just. Came out like five days ago. My general public. Yeah. So I was excited about that.

That is super cool. I want to hear about it. And so we're going to talk about this topic. And as you know, and I've talked about through the summit that obviously your loss of estrogen, testosterone, progesterone, all of your hormones as they're declining puts you at a much higher risk, which is why I'm such a huge fan of bioidentical hormone replacement.

But we're going to focus with Dr. Love on food and supplements and behaviors. Just things you can start implementing right now along with your bioidentical hormone replacement.

So thank you so much for being here. I can when I say Dr. Love I think of an old kiss song. They call me Dr. Love. I love That song. It's what I do in person.

When I do more in seminars, I want to have that come on. When I when My father, But Dr. Stills I love that you're talking about this because so many women don't understand that they're twice as likely to get Alzheimer's disease as men.

Women are 66% of Alzheimer's cases. Men are 33%. and then we don't know why we think the hormones play a big role. Men go through anthropos, women go through menopause.

Menopause is much more severe, much more noticeable. And and not only does estrogen drop, but testosterone drops. Testosterone is so important not only for sex, drive and energy and vitality, but also cognition. Right?

If you reduce testosterone, you mess with a lot of different things. And so I love that you're talking about this because it's so important.

Why menopause raises Alzheimer's risk

And, I don't know where people are getting their education on this topic, but it's really important the women start

immediately. Really, if you're if you're 50 and up, start right away to reduce your risk of Alzheimer's disease.

Maybe you want to think about it tonight. Start tomorrow. But gosh darn it, start soon because Alzheimer's starts 30 years before memory loss symptoms occur.

Research from the Framingham Institute or next, maybe the Framingham study, pardon me, from Framingham, Massachusetts, found that your levels of inflammation at age 40 predict your risk of Alzheimer's at age 70.

So 30 years in advance. And so please, if you're watching this, please get started right away to make healthy lifestyle changes, reduce your, reduce your inflammation and protect your brain because you're going to be so happy in the future. Yes, yes.

So let's talk about foods, because every woman wants to know what should I be eating to protect my brain? And so I know that's an area of expertise of yours.

And I think, you know, it's important that we I always say, like, hormones are amazing, but we have to do all the other things with the hormones. We have to eat, right? We have to sleep right.

We have to drink right. So let's start with food. What are some things that you think are really important for women to be including for protection? Fantastic.

So I'm going to give you delicious foods that your brain is going to love and your body's going to love. Now, I have a certain passion for food. I went to, I went to culinary school after college, but before graduate school, knowing that I wanted to skill in the kitchen because, so I'm a man and I date women, and so do you know who really likes food?

Women love it. Women love. Come over. I'll cook you a delicious dinner. And so I do it a little role reversal there. So I love food and I'm passionate about food a passion about healthy, delicious food.

So I'm not going to ask you to eat anything that I don't eat or anything that doesn't taste good. If it doesn't taste good to you, let somebody out for something that that does taste good to you because food's so enjoyable, and I don't want you to sacrifice the joy of eating with your family and enjoying your favorite food.

to eat nothing but but, steamed broccoli. Especially if you don't like broccoli. So let me just talk about some of the really great power foods. for the brain.

first is blueberries. You know, blueberries. They're terrific for your brain, rich in polyphenols. I put blueberries in my morning smoothie and in my dessert at night.

There's. They're so, versatile. basically, blueberries rich in polyphenols, polyphenol. Those are, plant nutrients. The bright colors in plants, the blue and blueberries, the bright red in strawberries, the dark.

And coffee. Coffee is also great for your brain. make sure you get organic blueberries or wild blueberries. Otherwise, they can have pesticides. So, you know, blueberries are a double edged sword if you, only if you bought a conventional, conventional.

Well, I can say this because it's not going to be censored. Conventional is is is, slang for poison. Conventional is slang for being sprayed with poison.

that's what pesticides are. They're poison for pests, and they're semi poisonous to us. I don't recommend that. A lot of these poisons are neurotoxic.

In California, they were spraying their grapes with California world class wine. They were spraying their grapes with a fluoride pesticide. The European Union wouldn't allow people to buy it anymore, so they changed their pesticides.

So please get organic grapes, get organic blueberries, organic strawberries, organic raspberries, any organic berry or anything with a thin skin. You want organic if you could afford it. Organic everything.

Support the right farmers. But please, if I don't mention it, any food or any fruit or vegetable, please organic because I don't want you to get the neurotoxins or the pesticides and herbicides, in your brain, in your body.

So blueberries. Tremendous. Along that line. You've also heard this. Walnuts. Walnuts are wonderful. I like to soak my walnuts to help remove some of the lectins.

Lectins are plant defenses that Doctor Stephen Gundry talks a lot about. These can cause low levels of inflammation. And then this is great. So so soak them for 4 to 8 hours for four saline.

Rinse them off. You'll see there's color in the water. So you have to rinse it out like a lot of stuff. Then put them on a baking sheet with, parchment paper I love parchment paper.

So much easier to clean up. Right. And then, season with salt and pepper roasted in the oven until they're crispy and, like, in the middle, not too high.

You can actually caught them on fire at my parents house because I, like, put them on the top row and the oven is hot and like smoke start billowing out of my parents oven.

But, Robert, what are you doing? I'm like, I'm toasting the walnuts, I guess, too. I so don't don't catch him on fire. The very fatty, right? The fat, the oils in the walnuts caught fire.

So walnuts, are just wonderful. Chocolate. Oh my gosh, who likes chocolate?

Brain-healthy foods: berries, walnuts, chocolate, and mushrooms

I sure do. I think it's like eight out of ten women and seven out of ten men like chocolate. So good for your brain. Chocolate promotes neurogenesis, which is the growth of your brain cells.

Angiogenesis, the growth of the growth of new, blood vessels. it's anti-inflammatory. It supports a healthy immune system rich in antioxidants. Make sure you get, and support to get Fairtrade chocolate.

Fairtrade chocolate means that the workers were paid, unfortunately, in the United States. I'm I'm going to say this quickly. There's a whole rabbit hole down here in Africa.

A lot of farmers were basically not paying their workers, and big companies in United States were buying chocolate from them. The US Senate was going to pass a law saying, you can't do that.

And they begged them not to do it. This is 20 years ago. Finally, they're cleaning it up. So go see, mainstream chocolate bars, a fair trade on them. Finally, they're doing it. But it's really important to have that.

Otherwise, a worker who was not paid might have grown your chocolate. We call those slaves. It's like a slave. If you search slave chocolate Africa, you find really brave, men and women who went like film these plantations in Africa, of these children working, you know, if they would have been caught, they might have been hurt or killed or who knows what. it's a very brave, investigative journalism on these slave plantations in, well, child labor in Africa.

So make sure it says Fairtrade, very important, organic and then untouched. if it's Dutch, it reduces the antioxidants. So just look for, cacao or rococo, raw or private brand.

So I used to like lilies. And, Hugh, there was research to show that she was actually high in heavy metals and lead. and so it's very disappointing that, and so I'm sorry about that.

The one I recently bought is Terra Sol Terra as sa Opal parasol. so look, so I like the powder, and I actually make

my own chocolate. I'll give you this great chocolate recipe.

You're going to love this. It's so good. One cup, organic coconut oil. One cup organic, almond butter, one cup maple sirup. And then one cup cocoa powder.

And then, half a teaspoon salt, one teaspoon vanilla, ten drops liquid. Munford sugar, five drops stevia. Now there's those other ones you really you can figure that out for I find that just taste the best it about in the Stephen Munford sugar kind of enhances the sweetness in a way.

It's not overwhelming. It's really, really good. So this is just tremendous. So just one of all those major things kind of mix them together on low heat in a in a saucepan.

oh my gosh, it's so good because it's, it's, it's fatty with the coconut oil and the almond butter. It's got protein. and it's got sweetness from the maple sirup.

So it's fat, protein. Then the salt you got. So you got all the major flavors salt, fat and sweet. I mean, when when you get the salt, right, you just can't stop eating it, I, I right.

I gotta go, I gotta go make the recipe. I'll be back. Yeah. You you have to take it away from people. Yeah. Like naturally. Like what? You're eating the whole thing.

So that's really good. And that's a great healthy recipe. It's healthy because it's real food. It's real food. Your body knows what to do with fat and knows what to do with sugar.

It knows what. It knows what to do with almond, with almonds. The problem is when people eat these, foods engineered to taste really good, they're they're made with fake things that our body doesn't know what to do with.

Like they're made with oils that we can't process and cause inflammation. They're made with wheat that we have trouble digesting our wheat and sprayed with glyphosate.

So it's got pesticides in it. It's got gluten in it. A lot of us are gluten intolerant, gluten sensitive that can cause inflammation. It's got all these things that our body has.

It doesn't know what to do with. This is just simple ingredients. They're really good and it's really filling. Like just a spoonful is satisfying, right?

You don't need a whole bunch. Like why do we these huge bags of Doritos and giant things are soda and, you know, giant tubs of popcorn at the movies because they're not made of real food.

This is real food that your body loves. Your brain is gonna love. It feels so good. If you want to jack it up just a little bit, you can add a little bit of lion's mane powder to it. Right?

Let's get some lion's mane powder. Add some mushroom powder to it. If you want a little bit of an earthier taste, then your brain gets even more stuff.

so I love that recipe. And then the last meal I'll give you, is, mushrooms. Mushrooms are terrific for the brain. just a disclosure. I sell a mushroom supplement, but just eating mushrooms are just great for your brain.

research by Lee Fang and colleagues from Singapore. And a study of 663 people found that those who ate mushrooms three times a week or more had approximately a 40% reduction in their risk of Alzheimer's disease.

So what does this mean? It means eat mushrooms kind of as much as you can. any type of mushrooms. You're talking may talking turkey tail chaga. the very best are lion's mane.

Lion's mane mushrooms are great for your brain because they increase a growth factor in the brain called BD. And

PNF. That's answer brain derived neurotrophic factor.

That's a growth factor in the brain that facilitates growth of new brain cells and new neural connections. lion's mane mushrooms also promote good sleep.

They reduce stress and anxiety. and they reduce inflammation. Inflammation when the primary risk factors of Alzheimer's disease. So eating mushrooms is just great.

Eating lion's mane in particular a really, really good you can also take a mushroom supplement. Those can be that those are less expensive. That's a less expensive way of getting mushrooms, into your into your brain every day.

But those are some delicious foods that are really versatile, that are great for your brain. And they also help with, weight maintenance. they help with weight maintenance because the real food, if we just ate all natural foods that the group of Mother Earth or that were from animals that were minimally processed, there would be very few problems with, with, weight management because our body knows what to do when we eat an apple or when we when we eat or, you know, pastured eggs.

Our body knows what to do with real food. The problem is when we introduce these fake foods with these really hyper powerful, sweeteners and super salty things that just drive our tongue in our brain crazy and make us desire more and more.

And then the high fructose corn sirup, which is not found in nature, by the way, high fructose corn sirup is a manmade thing. We store that as fat because our body doesn't know what to do with all this, all this fructose.

and so when you eat natural foods, weight management is it it's much, much simpler. All right, I have I found someone who talks faster than I do. I gotta tell you, I'm used to TikTok and Instagram, and I know we only have 30 minutes.

I really just love it so they can listen. Listen, I'm trying to ask. You questions. on the mushrooms. Yes. like, you know how you just see, like, regular white mushrooms are those.

Except those are the least good. Okay, I'm. Not saying they're bad, but those are the least good. Please make sure you cook your mushrooms. mushrooms aren't necessarily safe to eat raw.

and then you wipe them off, because they could have. They could have dirt on them. so, like a wet towel or a wet. What's your favorite way to cook mushrooms?

So, there is, an anti-aging expert. His name is Brian Johnson. He's a multimillionaire who created Venmo, the payment system. Venmo. He's on a quest to, slow down aging more than any other human being.

And he publishes his data and publishes his, his is his diet. I make the food that he makes, in part. And I'll give you the recipe of of what I make. I found a way to tweak it or I can put it.

I can also, put put this in a, in a just a document you can give to people who, who buy your program. So if you buy this, I'll give you my recipe. I got two recipes you're going to love ones, a, a, a lion's mane.

we'll give us can give us the recipe now let's. Okay. All right, so the Brian Johnson recipe, it's basically if you go to Costco and get the organic broccoli, it's one bag of that or 250g, but about one bag of broccoli, about a quarter of a cauliflower.

All this is organic. And then one package of mushrooms. So like, you know, the package mushrooms. That's about the size. That's maybe between 5 and $10.

Ideally may talkie or should talk or lion's mane, but any mushrooms will do. Oyster mushrooms. Oyster mushrooms will work too. Sure okay, I love those. And then you steam them.

And basically I steam the broccoli in the cauliflower until it's soft. And then I add the mushrooms and I steam that until it's cooked. And then I blend that with lentils.

Black lentils, about 150g of black lentils, which is approximately a quarter cup. So a quarter cup of black lentils. Cook that until that soft. And I blend that with the mushrooms and the cauliflower and the broccoli.

And then I season that. I add olive oil, apple cider vinegar. I had a bunch of different spices. I'll give you the spices. it's, Ceylon cinnamon, which is, a healthy type of cinnamon that reduces inflammation.

And, actually, I actually, I got a bunch. I just grabbed the spices. Make this a little bit interactive. All right. So so we got the vegetables cooking and then we got the.

So the broccoli, the cauliflower, the mushrooms, the lentils. Once those are cooked in a big blender like a Vitamix or a food processor I add two tablespoons rags.

You can do one. But I like to I like a stronger vinegar taste a half tablespoon human. one teaspoon Ceylon cinnamon Ceylon is great for the brain. And double blind placebo controlled study.

Improved memory in adult humans. It's also anti-inflammatory antioxidant and it's great. I do half a teaspoon organic rosemary half a teaspoon organic oregano.

These have other health benefits to the brain as well. Basically try to add as much, spices as I could. They would taste reasonably good. They would, be really good for me.

And then I add, along with this, I add two tablespoons of organic extra virgin olive oil and two tablespoons, balsamic vinegar. And then this is something a lot of people don't think about cooking with.

It is curcumin. So a lot of people cook with turmeric. Curcumin is like turmeric on steroids. It is more expensive. And by the way it will stain your white towels.

I use brown towels in my kitchen. I found like all my white towels now. Orange hard way to. I it's it's so good for you. I can talk about the benefits of curcumin but it's wonderful for the brain.

It's one of the very best spices for your brain. So I had I take a teaspoon of that with black pepper. Make sure you use black pepper with your curcumin.

So basically you know most of these are either a teaspoon or half a teaspoon. You can adjust them to whatever tastes good with some olive oil. And some vinegars blend that up until it's really smooth.

So you want like a really powerful blender. And then season with maybe a teaspoon of salt and all of that. And it tastes really good. It's like this. It's like this green veggie soup. It's really tasty.

And they can garnish it with, hemp seeds. These are really good. MCTs are great. You can also I also use mushroom powders. Where do I get this. So I got so these are some mushroom powers.

These are earthy. These taste tastes like dirt right. So they taste better in dirt. So this is reishi.

Cooking a brain-supportive vegetable blend

This is lion's mane I don't I don't have a relationship with with any of these companies, but I do like them. And then I'll add some moringa, which also which tastes like grass, frankly.

but, for some reason, I like it because it feels so good. The brain. So I add all these healthy things to add to my basically, it's like a kind of a green soup.

As much water to the blenders you need. It is delicious. It's so good. It feels so good. and you can tinker with that. Whatever you like. You can add, add more mushrooms to that.

You can add black rice to it. You can add. Yeah, you can pour it on, more cauliflower if you want more texture to it. But these are these they're actually really tasty and so delicious.

If you just start with any of this. And if you're at home, you like to cook, play with it. You know, your taste buds are different than mine. So just start with these vegetable blends and then add some spices.

Maybe I'll add a little bit of oil. add a little bit of vinegar. Find something that you like and then iterate. You know, try adding different vegetables for more texture or try different garnishes, but find food that you like that taste good.

There's so much delicious food on planet Earth. Mother nature is amazing what she blessed us with. As far as foods that are available to us that are really healthy for our brain.

So try some of these things out. Find a really good base recipe or recipes you really like, and then use that as a jumping off point for delicious, healthy food.

Exactly. I love it, and I just want to go back to caffeine because you kind of. Oh yeah. I don't it. And like how much and what kind and you know, because that's that's a great question.

So for for the coffee lovers coffee's wonderful for the brain. Coffee, coffee and caffeine improve focus, memory and attention. And research in animals shows that caffeine actually helps reduce the accumulation of amyloid plaque in the brain.

Amyloid plaque is the hallmark sign of Alzheimer's disease. Now, some people say caffeine has some negative side effects. caffeine is not the perfect drug.

Caffeine has so many different benefits, though. If you like caffeine, you do well with caffeine. I encourage you to continue to drink caffeine if that's safe and good for you.

And you like it. By the way, even bees prefer caffeine to not getting. So bees will go to pollen that has caffeine in it versus non caffeine. So there's something very deep in our evolution that likes caffeine.

caffeine increases dopamine sensitivity and that feels good. and so by the way caffeine to me coffee. Those who drink regular coffee drinkers have a 15% reduction in the risk of Parkinson's disease because it increases dopamine sensitivity.

Parkinson's dopaminergic, deficiency. Right. So what about, though, like going to Starbucks every day? Is that okay? Well that's expensive. Oh, my gosh, I really should be organic.

And yes, I, I like organic. And then if you want the most, antioxidants and the most, caffeine light roast light roast organic has the most antioxidants and light roast has more caffeine.

It is slightly more acidic, slightly more bitter. And then the best way to make coffee is actually in the, in the drip coffee or like a coffee machine that actually has higher levels of antioxidants and French press or than, espresso.

I was doing French press and espresso, trying to, maximize the benefit of coffee, but actually has less. I was so crazy. Wait a second. I do French press, so French presses and is good.

It's it's slightly less good if you really like French press, but you like the taste of it, then can keep doing it. It's great. But the drip coffee, the coffee maker that you know is on the counter that actually has a higher level of antioxidants.

Interesting. Okay. Now, I once got so crazy in trying to maximize my morning like the benefit of my drink. I would make tea first I make green tea and then make coffee with the green tea.

So try to like maximize it. It was so hard on my stomach three days that I'm like, oh man, that's way too acidic. So I I've definitely tried to be silly about how much antioxidants I can get into my, my body at once, but but just organic light roast coffee any way you like. It's great.

Please don't add a dairy to it. Dairy, actually. Oh, this is really important. Dairy actually binds to the polyphenols in coffee, so coffee's rich in polyphenols, the plant nutrients and dairy.

The fat in dairy, I believe it's casein, will actually bind to the, to the polyphenols and reduce the absorption. And so this even works with blueberries.

And so if you put blueberries on top of ice cream, the, the case in protein and ice cream will bind the bind to the polyphenol. So blueberries you get less absorption.

I'm not saying the blueberries are gonna be bad for you, but just you get a lot less. and so I don't recommend any sort of dairy with, with with healthy food that has polyphenols in it, even chocolates, because it'll just reduce the absorption.

So I don't recommend that at all. And instead of that I recommend, MCT oil, medium chain triglyceride oil. That's really, really good for the brain. The body very quickly, the liver turns MCT oil into ketone bodies which build energy for the brain.

Really, really invigorating for the brain. And it doesn't have the negative impact of dairy in the coffee. And then for sweetener, stevia and Munford Sugar.

Munford sugar is probably my favorite. And then allulose. Oh, last thing on food. Healthy sweeteners make it so much easier to cook. And so here's some healthy sweeteners.

Number one is alkalosis ALU, LLC. This is a sweetener derived from it's a rare sugar found on dates which can be found in mulberries, figs, and maple sirup.

It is 90% fewer calories than regular sugar. And it actually, helps with weight loss and, a double blind, placebo controlled study out of Korea. And so they gave people like a sugar pill or the gay people like another pill, the sugar pill with allulose. These people actually lost weight.

Now they were obese and they lost maybe 2 pounds in three months. But still it's a sugar. And so it helped. It's really great. Allulose is definitely the sugar of the future.

it's a 1 to 1 substitute with, with, sugar. And that stevia is extremely sweet. I like the liquid. It's easier. It's easier to use. And then monk fruit, sugar is really great.

I like to mix stevia. Munford sugar. So two drops. Munford sugar, one drops stevia. So 2 to 1 that goes really well because they that balance it out. Otherwise too much diarrhea kind of like that metallic taste right now though.

Coffee, sweeteners, and nondairy options

It's got metallics. We don't want that. So two drops market sugar one drops stevia. It's a really nice sweetness. You can add two drinks or two desserts.

And then allulose is a really healthy sweetener. And then if you're going to a natural sweetener maple sirup maple sirup is high magnesium. That's great. And then, local honey, as a last resort that I'm not saying that's bad, but I would put that on the bottom of the list of, of healthy sweeteners.

And what about nondairy? Whether it be oat or coconut? Yeah. Great question. So I don't recommend oat. Oat is very, very high in sugar. I mean, it's you take oat, which is a starch a carbohydrate distilled down into a liquid.

It's just a lot of sugar, very little fiber. also really sad. A lot even organic oats are showing up with glyphosate now. It's really sad. And I think it's an outrage.

I think our, our government regulators have certainly let us down as far as protecting us from the dangers of pesticides and the dangers of, of food modifications.

I'm very concerned about, any sort of oats because glyphosate, which is roundup, which is a neurotoxin, can be in there. So. So I would recommend zero oats, period.

the best milk for the environment and the human body, I believe, is coconut. almond milk is, is good for, for the body, but it requires a lot of water. And, I think it's less environmentally sustainable than coconut milk.

almonds a little bit richer. but I try to do coconut when I can. I think that's the best nondairy nut milk that that does. Well, macadamia nut milk is also, also a good substitute.

Cashew, I think is a little bit, high in carbs, but that could be another one. So my priority would probably be coconut and then macadamia. And then if the environment is and is not a concern, you can do almond.

I would definitely make sure I would and I would try to do organic in there as well. Excellent. Well, you are just chock full of information. You're all going to have to go back and listen to this like three times and take notes.

After you have to do the transcript. So name your I want, you know, name your top supplement that women should know about and maybe like a couple of top behaviors that can help them.

Okay, great. So I'll just do a couple of I'll do my supplements. Rapid fire. So I suppose as opposed to whatever else I've been doing, I don't know what I do, before.

So a couple of foundational ones, magnesium. seven out of ten Americans are deficient in magnesium. And according to the USDA, magnesium. It's evolved over 300 enzymatic processes in the body.

brains of all Alzheimer's patients are deficient in magnesium. So importance of all the brain health involved in energy, involved in bone health. Goodness gracious. So important.

Very inexpensive to supplement magnesium. Glycine. That's a great place to start. You can do magnesium three and eight. That one. We, can cross the blood brain barrier, avoid magnesium citrate and magnesium oxide.

Those can cause disaster pants. Those can cause stomach upsets. They're not fun. so I'd start with magnesium glycine eight. the recommended daily allowance is 420mg for women.

five. No, 320 for women, for 20 for men. I would I would double that at least. I take close to 1000mg. I'm not giving you medical advice, but I think that recommend daily allowance is way too low.

and of course, consult your medical doctor before taking any supplements. But, I would say women. I would certainly, if they're menopausal, I would definitely go over seven.

I'd definitely double that RDA for sure. There's no dangers to that. I'm aware of. If there is, please let me know because I take high dose magnesium.

I have my parents taking and taking magnesium, so that's a good one. b-complex B-Complex fiber is not just B12, but the whole b-complex B6, b9, B12. Really, really important. These help make neurotransmitters.

Neurotransmitters are the chemical signals used in our brain and even throughout our body, throughout neurons in our body. So a b-complex vitamin you want a methylated and then that one can upset the stomach.

so taking that with a little bit of food is helpful. Do not take it at night. That can keep you up. Selenium is a really

important mineral involved. It's a precursor to glutathione on Blu Defiance, the body's master antioxidant.

Really, really important. can eat a Brazil. Not a day. That'll get you enough selenium. you can also get made selenium drops, I add. If we have time. I'd love to talk about water for two minutes.

So I had selenium drops. I like this company, Trace Minerals. I don't have a financial relationship with them at this time. I add that to my water. so selenium really important.

And then zinc. Zinc is neuroprotective. It protects the brain from free radicals. oxidative stress and damage. zinc is best absorbed. Zinc competes with copper for absorption.

So you don't want to take zinc with a multivitamin with copper or a foods rich in copper. I don't know if those foods are off the top of my head, but just zinc if you can on a semi empty stomach.

that that'll be good. and that, the best way to take a b-complex vitamin is with fish oil. research. Doctor David Smith at Oxford found that those who take b-complex and fish oil have a 30% reduction in the risk of Alzheimer's disease.

I'll say that again. It's pretty not really believable. The those who took B-Complex vitamins and a fish oil supplement had a 30% reduction in the risk of Alzheimer's disease.

The same time, or just throughout the day. The research was throughout the day. I take them at the same time because it feels really good, because when I take a high dose of fish oil, I recommend at least 1000mg of EPA, 1000mg of DHA per day.

At least that that's more than what's going to be on the supplement bottle. But try to get your dosage. You'd get 1000mg of EPA, 1000mg a day per day.

That feels really good with the b-complex vitamin. So our brain outside of water is made primarily of fat. And so getting these healthy fats gives our brain the raw materials to repair itself and even make new brain cells.

Research from Doctor Elizabeth Gould at Princeton found that adults can make new brain cells, specifically the hippocampus, the memory center of the brain.

So that's really darn important. So we can repair brain cells and we can replace brain cells. We can grow new ones. It's called neurogenesis.

Key supplements for memory and neuroprotection

And so the question is do you want a fish oil brain or do you want a French fry brain. Right. What do you want your brain cells made of fish oil or French fries to to to restate a question from Dave Asprey who made Bulletproof coffee I want to fish oil brain. So eat the healthy fats right.

You could also eat avocado eat walnuts eat almonds, but you want healthy fats to make healthy brain cells. So all those are foundational supplements. And then my very I've I've two supplements that I really, really love.

One of them myself. But the first one I don't. So I've been doing this for over five years. I love it is curcumin. Curcumin is like turmeric on steroids.

Curcumin reduces inflammation. curcumin helps protect the brain from Alzheimer's disease by lowering inflammation. And a meta analysis curcumin improved memory in humans in nine out of ten studies.

That's tremendously powerful. That's massively powerful. It's extremely safe. Curcumin also helps reduce the accumulation of amyloid plaque in the brain.

Amyloid plaque is the hallmark sign of Alzheimer's disease. So in animals that give them Alzheimer's disease, half

their curcumin, half gets saline or nothing.

And then they'll dissect the animals, the animals who had curcumin a lot less plaque in the brain. It's tremendous. Curcumin does what these prescription drugs that have spent billions of dollars developing for Alzheimer's disease, it does what they're trying to do.

It reduces plaque, but no one's excited about it because no one's buying big advertising to talk about how curcumin is this massive, this wonderful herb, that can help prevent Alzheimer's disease.

No one's talking because no one can patent it. And it's not, you know, it's expensive for an herb, but it's not expensive for prescription drug. So there's not a whole lot of money behind it, but really safe, really effective.

I personally don't feel it when I take it, but I'm taking it because the science says this is really good. And so some people feel it. I don't feel it.

I don't notice it. But I take it regularly because I want to make sure that I get this because I don't want the plaque accumulating in my brain. So that's probably the most powerful.

There's been over 500 studies in humans in the last two years on curcumin. That's a lot of research. And then, and then one of my favorite tablets is Lion's Mane.

I sell a lion's Mane supplement. Lion's mane is great for reducing, so lion's mane helps grow new brain cells by increasing brain derived neurotrophic factor. BDF.

That's a growth factor in the brain that facilitates growth of new brain cells, new neural connections. so neurogenesis lion's mane helps reduce stress and anxiety and depression.

That's really cool. Lion's mane improves mood. And then my favorite benefit lion's mane. It improves sleep, helps you fall asleep faster. Stay asleep long and fall back to sleep.

bonus. It's also anti-inflammatory, so that's really great. so lion's mane is just terrific. lion's mane is not necessary. Kirk is not necessary. But the first ones I mentioned are foundational.

We need magnesium. There's no negotiation with that. We need. Your brain needs healthy fats, right? Your brain doesn't need lion's mane. Your brain loves lion's mane, but it's not necessary, right.

Let's start with the foundational things first. See what fits your budget. Start with those first. And then if you want to move on to things that are really great for your brain, like a curcumin and like a lion's mane, that's really wonderful.

Awesome. So let's wrap it up because our time is unfortunately ending. But you guys. Are so fun. You can follow him and learn more. on TikTok. Right. And Doctor Robert Love, is that how they.

Find so, so so to follow me. So I'm on TikTok and Instagram and Facebook. Just search Robert Love on any of those platforms. the first Robert Love that shows up.

I have 2.1 million followers on TikTok, 1.3 million on Instagram. I think 1.6 on Facebook. And I have a lot of free education, specifically for women, women and women 50 plus on how to, prevent Alzheimer's disease, improve your memory, slow down aging, and then, sustainable weight loss, how to lose weight and keep it off.

I really try to share the very best science that people can take these healthy behaviors, these healthy supplements, healthy foods, and live a really wonderful life, and not spend too much money doing it.

This I really just I had two grandparents with, with dementia. And I'm just I'm honored that I could be in this field of helping, public education to help reduce the risk of dementia.

And that's that's really what my channels are all about. Beautiful. So go follow him there. And just to ended up, you said you had a two minute spiel on water.

So let's. Oh thank you. Yes. So this might be the most powerful thing we can do to protect our brains, and protect our whole bodies and especially our families, especially of young children.

So I recommend highly recommend distilled water or reverse osmosis water. A couple reasons. Tap water in the United States, most of it has fluoride in it.

I don't know if anyone else has talked about this. Fluoride. it can be. It can be good for your teeth. It's not good to ingest in your body. Fluoride can replace iodine in the thyroid.

Contribute to hypothyroidism. Doctor sales. You know how many Americans have hypothyroidism? It's way high. a lot of it sort of fluoride exposure. fluoride.

In, the meta analysis in China by Zhang and colleagues, they looked at towns that had naturally high levels of fluoride and those that had lower levels, the ones with naturally high levels of fluoride.

The kids had lower IQs. So fluoride in the water lowers IQ in children. the blood brain barrier is in infants is not fully formed until six months of age.

So please don't make baby formula with tap water. The baby has no way to defend its brain against the toxins in the water. You're the toxins in the water. There's fluoride.

There could be glyphosate because glyphosate is now in the rain water. So it's in the rain water. It means it's everywhere. I'm sorry. I wish that weren't the case.

It's likely.

Water quality and protecting the brain

It's likely in an water that's near you. So it's got pesticides. The baby's brain has no idea what to do with, And then there's forever chemicals. Forever chemicals.

I was born in Cincinnati, Ohio. That's where I went to school when I was back home recently. There's a front page article saying what's in our water? Cincinnati. And it said forever Chemicals.

It said we were now testing for this and this is in our water. And this is a concern. I said, my goodness, how long has this been here? And we don't know what these do.

We don't know what the forever chemicals do in the body. The body has no idea what to do with these because I've tried to excrete them, but we don't know what this does.

My guess is neutral to bad the probably not good. I hope that they're just neutral. That'd be wonderful. But these chemicals could be very harmful to humans, especially over time.

And so I don't want to subject my brain and my body to these forever chemicals. We just don't know enough about them. And so distilled water or reverse osmosis water to reduce your risk of fluoride, for glyphosate, heavy metals and, and forever chemicals.

And I wish, well, water was fine. I wish mountain water's fine spring water. It could still get that glyphosate from the rainwater. So I really recommend reverse osmosis or distilled water just to protect yourself.

Period. And then you can add your minerals back in. So trace minerals, they, they have a magnesium, a selenium and a potassium. You can add those into your water to get the minerals back in there.

But water so foundational to our health, right. Food, sleep exercise water, air. If you're breathing bad air that's terrible for your brain, please move to a place with cleaner air. Get a Hepa filter.

If you're drinking bad water, imagine how many systems that's bad for in your body. It's bad for almost every system of the body because everything is using water.

So please protect yourself and your children. Certainly, you know, like fluoride in the water for children, fluoride gets incorporated to bones. Fluoride could get incorporated the teeth and actually make the teeth look, unpleasant.

They can be brown spots in the modeling of the teeth. It's called dental fluorosis. And then, you know, fluoride can incorporate into the flesh. research shows that we excrete approximately half of the fluoride we drink.

So the other half is stain in the body and tissues, organs, potentially bones with children with growing bones, growing muscles. I don't I don't think we want that in our children's bodies.

And so, I think that's assuming you're not struggling to pay your grocery bills. I think cleaning up your water is maybe one of the best places to start before investing in supplements, because water is so foundational to our health.

yeah. Fluoride has no place in anyone's body, and, yeah, I recommend the spring aqua water system, which structures the water. So you're getting that easy fourth phase water.

And you're also getting specific where you're living. You get pre-filter. So it's filtering everything out because different communities have different toxins.

You know, unfortunately in the water. So yeah, it's super important. We are, as my dear friend Gina Bria says, you know, we are water beings and we need to be made of healthy water.

So this has been awesome. I have actually. Had to go over. I'm sorry I. Went. Over the time here. I could talk to you all night, but maybe we'll hang out on TikTok.

And this is. This is going to be like this. This conversation. But go follow Dr. Love and you'll just keep hearing the rapid fire information to help keep your brains healthy.

You know, really important stuff here. A lot of tidbits. I love the cooking tips, and I definitely recommend go back and listen to this again, because you can just pull out a lot of really good silver bullets in there.

So thank you for being a part of the summit. Thank you for all that you do to help keep women healthy and our brains healthy and preventing Alzheimer's.

It really is a blessing the work you do in the world. So all right, ladies, let's go make some chocolate and I'll see you back for the next, next talk.

Like, I'm going to blend lentils and mushrooms and make chocolate. So I'm excited. Thank you so much.