Foods You Must Stop Eating to Heal Your Brain Transcript

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Introduction to the Gut-Brain Connection

Did you know that your body is full of bacteria? You actually have more bacteria in your bodies than human cells. Yes, you're a walking superorganism.

And here's the kicker. These bacteria aren't just hanging around, they play a crucial role in mental health, influencing everything from your mood to your cognitive function.

The food you eat has a direct impact on the super-organisms, either helping it to thrive or causing it suffer. That's why today, I'm going to reveal the top foods you absolutely must stop eating if you want to heal your brain and improve your mental well-being.

Hello, i'm Dr. Uma Naidu, your mood food expert, and welcome to my channel. I am a trained nutritional psychiatrist, a chef, an author, nutritional biologist, on the faculty at Harvard Medical School.

I've spent years studying the fascinating connection between the brain and the gut.

Meet Dr. Uma Naidu and the Channel's Mission

And as a nutritional psychiatrist, I aim to help people understand how food affects their mental wellbeing. My approach blends medicine, nutrition and culinary arts to guide my patients, students and now you toward better brain health.

I'm also a bestselling author of two books that I published that dive behind the science into mood and food. On this channel, you'll learn how to harness the power of food to boost your mood, manage stress, enhance focus and even support conditions like anxiety, depression and ADHD.

We'll explore the science behind brain boosting foods and share practical tips and recipes to help you transform your mental health. If you've ever felt overwhelmed by mood swings, struggled with anxiety or simply want to optimize your brain health, you're in the right place.

Let's explore The Incredible Link Between Food and Your Brain. So let's get into it. As I mentioned, you are a walking superorganism, a community of bacteria that play a vital role in your health and brain function.

The food choices you make can either nourish this community or disrupt it, leading to inflammation, mood disturbances, and even cognitive decline.

Processed Sugars and Brain Inflammation

The first group to avoid is processed sugars. Princess sugars aren't just in candies, cookies or baked goods. They're hidden in many everyday foods that are even savory foods like sauces to bread.

Yep, just that ketchup even that you had with your fries for brunch has added sugar in it. Research has shown that high sugar intake increases inflammation.

which in turn affects your brain's ability to produce neurotransmitters like serotonin, often referred to as the feel-good hormone. When inflammation occurs, it disrupts the communication between brain cells, impacting mood regulation.

This process is called neuroinflammation and it's been linked to depression and anxiety. To break it down, think of your mind like a radio trying to pick up a clear signal.

when you consume too much sugar, They're static on the line, making it harder for your brain to function properly by reducing processed sugars. You allow your brains signals to become clearer, leading to better mood and mental clarity.

Now, let's talk about refined carbohydrates next.

Refined Carbs and Blood Sugar Swings

Your favorite foods like white sliced bread or pasta and pastries are foods that are stripped of their fiber which means they're quickly broken down into sugar in your bloodstream.

This causes a rapid spike in blood glucose followed by a crash and that roller coaster effect can lead to irritability and fatigue. Research shows that chronic consumption of refined carbs can affect insulin sensitivity, which not only impacts your physical health, but also your mental health.

As insulin resistance has been linked to increased risk of developing conditions like Alzheimer's disease, this is important. Switching to whole and complex carbohydrate grains like oats or quinoa help maintain stable blood sugar levels, providing a steady source of energy for your brain.

This is because they have a lower glycemic index, meaning that they release glucose more slowly and help avoid the highs and lows that can make you feel moody, or anxious.

So if you've been experiencing feeling good then suddenly feeling low, this could be a spike that could the culprit. Third, let's address trans fats. These are often found in fried foods, packaged snacks, and shelf stable baked goods.

Studies have shown that trans fat can disrupt the integrity of cell membranes, including those in your brain, leading to increased inflammation and oxidative stress.

Trans Fats and Cognitive Damage

Oxidative Stress occurs when there's an imbalance between free radicals and antioxidants in your body causing damage to brain cells, long term exposure to trans fats has also been associated with a higher risk of developing dementia as they can affect the hippocampus, an area of the brain involved in memory and learning.

In addition to trans fats, hydrogenated oils as well as seed oils are ones to also watch out for. By swapping unhealthy trans fats for healthy fats, like those found in avocados, nuts, seeds and olive oil, you're giving your brain the Omega 3 fatty acid it needs to build strong cell membranes and support cognitive function.

Omega-3s are especially important because they have anti-inflammatory properties that help protect your brains from damage. Let's move on now to artificial sweeteners.

They might seem like a safe alternative to sugar, But certain sweeteners, such as aspartame, can interfere with neurotransmitter production, particularly dopamine and serotonin.

These neurotrasmitters play crucial roles in regulating mood, motivation, and overall mental well-being.

Artificial Sweeteners and the Gut Microbiome

Recent research has also shown that artificial sweetener can alter the gut microbiome, disrupting the balance of beneficial bacteria that communicate with your brain via the brain access.

And finally, we need to talk about highly processed foods or ultra-processed foods. These include instant noodles, frozen meals and chips, and they often contain additives, preservatives and excess sodium.

as well as sugar, which can disrupt the gas microbiome, that community of bacteria living inside your intestine. The gut microbiomes produces over 90% of your body's serotonin, the neurotransmitter that stabilizes your mood and feelings of well-being, aswell as happiness.

When you consume these processed foods, you're feeding the harmful bacteria in your gut, which can lead to increased inflammation and a weakened gut-brain connection.

Ultra-Processed Foods and Mood Decline

This in turn negatively impacts your mood, leading to feelings of anxiety or depression. So here's the science behind it. Your brain relies on the nutrients you provide to function optimally.

When you consume foods high in processed sugars, trans fat, artificial sweeteners and refined carbs, You are essentially feeding the inflammation and oxidative stress that disrupt your brain's health.

The good news is that by making simple changes, you can repair and support your brains natural healing processes. Start with one small change. Maybe swap your sugary snacks for a handful of berries or replace that fast food meal with a nourishing salad packed with healthy fats and lean protein.

If you found this video insightful, please give it a thumbs up, subscribe to my channel and hit that notification bell.

Simple Swaps for Better Brain Health

Let's keep the conversation going. Comment below and let me know which of these foods you'll be cutting back on to start your journey towards better brain health.

Thank you for spending this time with me today. Remember you have the power to support your mood and mental well-being, starting with what's on your plate.

Until next time, take care and be kind to your mind. And don't forget, eat good food for a good mood. See you in our next video.