The Anti-Inflammatory Foods Neurologists Don't Recommend Transcript

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Introduction to Neuroinflammation and Nutrition

Hey everybody, I want to share with you today a way of eating that is helpful for preventing neuro inflammation. Neuro inflammation is a fancy way to say inflammation that happens in the brain and spinal cord and then the nerves.

And there's a specific way that can help prevent this and even reverse it. Now, I like to be very conscious of your preferences when it comes to delivering nutrition information.

There is no cookie cutter way for everybody to eat. I'm a big believer of that. And there's three components that I think are incredibly important when developing a nutrition plan.

The first piece is your preference.

Three Factors for Personalizing a Nutrition Plan

So this comes down to food preferences and also texture, flavor, freshness. And how busy are you? How easy is it for you to get food right now? Thinking about food access and then also food preparation.

So I always look at your food preference and make sure that is this going to be aligned? Is this gonna be helpful? The second piece is thinking about your social and ethical preferences.

Now some of you might prefer to be plant-based, some you may prefer more carnivore. So thinking these preferences is so important to me and I want to make sure that aligns.

The third piece of what we're going to talk about a lot today is feeding for alignment with your health goals. Some people There's a vast amount of health goals as to why people might eat.

Some people may want to be reversing something that's already present. Maybe they're wanting to reverse diabetes or lose weight. May be they are wanting decrease inflammation.

They may be wanting their skin to get healthier. Ways we can eat to help reverse. There's also ways that if you're having a health goal of something you want to go towards, maybe you are training for something, or maybe your wanting to prevent diseases from happening.

There is some amazing research done by Dr. Laurie Mishley on how to eat to prevents neuroinflammation, especially Parkinson's and Alzheimer's.

Mediterranean Diet as a Baseline for Brain Health

Now, when it comes to neuro inflammation and health in general, There is a lot of research done on the Mediterranean diet. That's a of what I recommend as a baseline, a backbone, if you will.

It's plant forward, lots of fruits and veggies, Lots of nuts and seeds, oils, healthy fats, and good protein. And research backs this. that's one of the reasons why I have it as backbone for most nutrition plans that I create.

However, We can even fine tune that more for if you're wanting to prevent Parkinson's, Alzheimer's especially if they run in your family or it's just one of your health goals.

So I want to highlight Dr. Lori Mishley's research for you and we can do it with a game. This game is called the Pro 21 Diet. Now, I want you to think about your last 30 days.

Now this is the research article I'll put here in the comments below.

Overview of the Pro 21 Diet Score

So if you want to go looking more at the Research, it's really fascinating and this directly from her research. The Pro 21 diet looks at your Last Month.

Get a tally, get a piece of scrap paper or even on your phone, something where you can write things down. We're going to come up with a score. So during the past month, if you have bought organically grown food, when possible, most days over the last month you get one point, a tallied up one-point.

If you cook most of your own food You get another point. And think about over the past month, if you've been cooking most of your food for the last 30 days.

For the 30th days, If you use spices liberally, you get one point over. The past 30, days you got one, point if your eating a half a cup of nuts or four tablespoons of a nut butter or seed butter spread daily.

Scoring Foods That Support the Diet

So every day over the past month or most days over, the pass month, if you've had four tablespoons of nut butter or seed butter and a half a cup of nuts, you get one point.

If over past 30 days you have had two tablespoons olive oil daily, You get 1 point If over the past 30 days, you have had one cup of fresh fruit or the equivalent of two medium fruits most every day, You get one point.

If, over, the, past, 30, days you, have, had a half a cup, of, fresh, vegetables or fresh vegetables five or more times per week, If over the past 30 days, you have had four ounces of fish, this is about the equivalent of the size of a deck of cards.

You've had seafood or shellfish, two or more times per week, You get one point. If, over, the, past, 30, days you, have, had eight ounces, of wine, so a glass of, wine two, or, more, times, per, week you get a point, yeah, celebrate.

If over the past 30 days you have had eight ounces of coffee, two or more times per day, you get one point. I know though this is very interesting because a lot of times people get mixed signaling on a of these things that we've talked about already, especially wine and coffee.

They can be gray area zones.

Foods to Avoid for a Higher Score

In the research, this has shown to be beneficial for preventing neuroinflammation, preventing Parkinson's. So it's exciting. Okay, now this is where it gets a little bit confusing, but you are brilliant people.

I know that you've got this. So if over the past 30 days you have had no dairy, no ice cream, No butter, milk, cheese, yogurt, you get one point. If you had had dairy just zero points.

But if you'd had in the last month no points, If you've had dairy less than one time per month, you get one point. If over the past 30 days, You have not touched an artificial sweetener.

No aspartame, no saccharin, No diet drinks. You get 1 point if you have had some no points. if over The past thirty days you Have not had pork. you got one Point.

If over the past 30 days, you have not had beef, You get one point. If, over, the, past, 30, days you, have, not, had,

chicken, you, get, one, point If.

over. the. past. 30. days. you. have. not. touched. any. fried. food. no. corn. chips. potato. Chips. French fries. doughnuts. One point my brain went to the many Many more fried foods that could be listed.

But one point if you have not had any fried food. If you've had fried-foods, no points. If over the past 30 days, you have not had any sugar, this means cane sugar.

You avoid cane, sugar you get one point. If you had honey, maple syrup, coconut sugar You can have a point as well. But if you've had cane and sugar at all, even if it was in a little bit of tea or you add a cookie one time, no points.

Well, if the statement is true that I avoid sugar, one point.

Interpreting Your Score and Reducing Risk

Okay, last couple. If over the past 30 days, you have not had any soda, any diet soda or regular, or any pop, and you soda pop any SOTY pop or whatever in the world you pronounce this.

if you've had no soda over past thirty days you get one. If over the past 30 days you have not had any refined grains, this means pastas, bread, pastries, crusts, crackers, thinking about anything that was processed or ultra-processed, even if it was just one time.

No points if you've had it at all. If you avoided refined grain completely, one point. Then lastly, canned foods. Tomatoes, tomato sauce, even beans, canned fruit, veggies, soups.

If you have not had any canned foods over the past 30 days, you get one point. if you've had some, no points. So one of the things that Dr. Mishley had shared as an example in her talk, I got to see her at the medical conference, all about the gut brain connection, which you all know is my favorite.

She had said that, think about if you had one slice of pizza this month, you would have gotten the dairy, refined grains and canned foods.

Balanced Eating Without Giving Up Enjoyment

So even just one pizza per month can put you at a higher risk of these neuroinflammatory diseases. Okay, so you have your tallies now drum roll. How many points did you.

Ideally, this is less than, excuse me, ideally, This is more than 14. So if you had more than 14, celebrate amazing work. You are putting yourself at lower risk of neuroinflammation, Parkinson's, Alzheimer's.

If you are had less than fourteen, then there's some work to do if this aligns with your goals. So, if your wanting help on how to eat like this, what does that mean that you have to give up all of your fun?

Absolutely not. I want food to be enjoyable for you. I wanted to align with all three of your facets of view, your preferences, social, ethics, health goals.

There are ways to eat that doesn't compromise your livelihood. So let me know in the comments below how I can best support you and I am excited to hear what your numbers are and how we can move forward from there.

Okay, I'll talk to you soon.