Retaining the Mind
How the Foods We Eat Affect Our Brain

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Fellow of the American College of Allergy
My Qualifications To Discuss Diet

Professional qualifications:

• Medical doctor: Creighton University, Omaha, Nebraska.
• General medical officer: USAF, started allergy clinic.
• Allergy fellowship: Mayo Clinic.
• Certified: American Board of Allergy and Immunology.
• Fellow: The American College of Allergy, Asthma and Immunology.
• Practice: Consultant allergist specializing in food sensitivity.
• HealthEast Care Allergy Clinic: started clinic, still operating.
• I have Alzheimer's disease.
Diets Delay Dementia

*Mediterranean diet*: resists onset of Alzheimer’s.

*Dash diet*: resists onset of Alzheimer’s

*Mind diet*: “Early studies show it lowers the risk of Alzheimer’s by 53% in those who follow it closely and by 35% in those who follow it more loosely.”**

- These diets encourage fruit, vegetables, fish, chicken, legumes, olive oil, nuts and whole grains.

- They avoid sugar and MSG.
What Makes A diet Unhealthy

• Sugar, MSG and citric acid powerfully irritate nerves.
• Years of this irritation injures nerves.
• Nerves die. Brain shrinks. Dementia results.
• Aging genes & poor body/mind exercise promote dementia.
• Hope: The brain can heal itself. Stop poisoning it!
How Food Chemicals Cause Disease

• **Sugar** (fructose): *(includes alcoholic beverages).*
  • disrupts blood sugar levels and insulin (diabetes).
  • induces body to convert sugar to fat (obesity).
  • deposits fat in heart and brain arteries (stroke, heart attacks).

• **MSG**: *(includes LC sweeteners, gluten, maybe spices).*
  • damages and kills nerves by chronic over-stimulation (migraines).

• **Citric and malic acid**: *(includes tartaric acid of grapes and wine).*
  • irritates virus-infected nerves (cold sores, eczema).
  • may promote synthesis of MSG through citric acid cycle.

The three chemicals act together to cause disease.
Diseases responding to the Mediterranean diet

• Diseases associated with injury to nerves.
  • Alzheimer’s, Parkinson’s, vascular, Lewy body, other dementias.
  • Migraine headaches, balance disorders, AMD.

• Diseases associated with fat formation and storage.
  • Obesity, strokes, heart attacks.

• Diseases associated with endocrine disorders.
  • Diabetes.

• Disorders associated with mental health.
  • Depression, autism, ADHD.
Summary of Mediterranean diet benefits

RANDOMIZED CONTROLLED TRIALS

• Improved cognitive function
• Less depression
• Lower death rates
• Less heart disease, strokes
• Less atria fibrillation
• Improvement heart disease risk
• Less type 2 diabetes
• Better blood sugar control
• Sustained weight loss
• Less cancer
• Less breast cancer
• Fewer fractures
• Less inflammation
• Less GI reflux disease
• Less diabetic eye disease

Miles Hassell, MD
Brain Health and Lifestyle: Which Choices Matter.
goodfoodgreatmedicine.com

PROSPECTIVE OBSERVATIONAL STUDIES

• Less dementia, Parkinson's disease
• Less mild cognitive impairment and progression to dementia
• Less depression
• Lower death rates
• Less heart disease, stroke, and peripheral artery disease
• Less type 2 diabetes
• Less cancer
• Better cancer survival
• Less menopausal symptoms, hot flushes and night sweats
• Less inflammation
• Less age related macular degeneration
• Less childhood obesity and ADHD
• Less non-alcoholic fatty liver disease

Also: less autism, better grades on tests, fewer migraine headaches
When Should You Start The Diet

• Consider at any age.
• When you notice symptoms of ‘aging’.
• At any age, before an important test.
• You can’t remember yesterday’s activities or today’s breakfast.
• Your thinking becomes fuzzy, you can’t remember common words.
• When you tire of making excuses.
• You can’t remember how you started a long sentence.
• Before they take away your keys, place you in a memory unit.
Degree Of Impairment Determines Diet.

• Mild:
  • ‘Aging’ symptoms: Decreased sight, hearing, strength, stamina, sensation in arms, legs, mild memory deficit.

• Moderate:
  • Symptoms worsen but still able to remember most things and able to care for self. Friends and relatives become concerned. More trouble with speech and self-care; home-care worsens. Sight, hearing, thinking, planning, conversation worse.

• Severe:
  • Symptoms much worse. Mood unstable, speech halting, hearing deteriorating, AMD worse, numb feet, balance poor, stroke, MI, poor thinking, planning and self care, driving forbidden, memory care.
Following The Diet

Guidelines.

- Begin with carefully avoiding these ‘aging chemicals’ to ensure they cause your symptoms.
- Skilled staff can be extremely helpful.

Maxims in following the diet:

- ‘Everything in moderation’. MSG, citric acids OK if consumed at tolerated levels. Sugar is addicting, try to totally avoid.
- ‘God’ perfect; we’re not’. Strive not for perfect diet, only for symptom relief.
What You Can Eat And Drink

• Depends on the severity of your symptoms.
• Meat: all unprocessed pork, beef, fish, fowl and eggs. Avoid seasoning/spices.
• Fruits: contain sugar/citrus. Regard as candy.
• Vegetables: those without sweet/citrus taste (avocado, asparagus, beans, cabbage family, peas, spinach, squash, boiled potatoes, rutabaga, yams).
• Beverages: water, coffee, tea. Limit/avoid alcohol.
• (controversial). All fats acceptable. High fat diet.