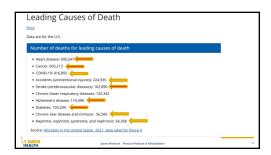


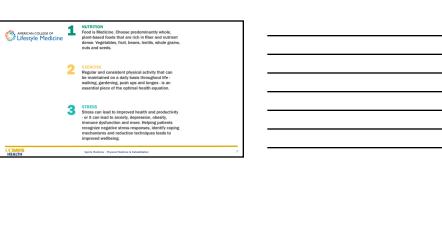


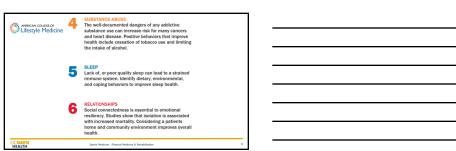


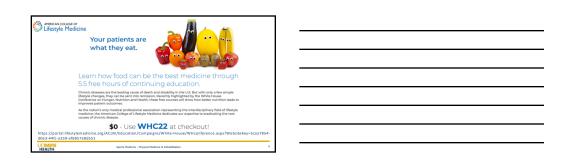
Pearls Code Blue (2019) CodeBlueDoc.com Game Changers (2018) Netflix Forks Over Knives (2011, dated, but good) ForksOverKnives.com/the-film/ Weight Loss over age of 40: Bestrict eating to 8-10 hours Biggest med at breakfast; smallest meal at dinner Nature vs Nurture Inherited genes vs inherited behaviors









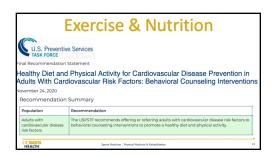


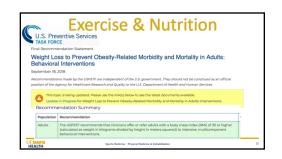


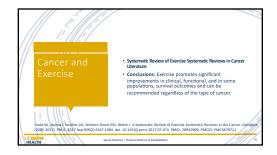
Skinny F Healthy Misclassification of cardiometabolic health when using body mass index categories in NHANES 2005–2012 A. Timerane T. Manow. Timeraccus of the Misclassification of cardiometabolic health when using body mass index categories in NHANES 2005–2012 A. Timerane T. Manow. Timeraccus of the Misclassification of the Misclassification

	"Vegetarian" ≠ Healthy	
	> BMJ. 2019 Sep 4;366:16397. doi: 10.1136/bmj.l5397.	
	Vegetarian and pescatarian diets are linked to lower risk of ischaemic heart disease, study finds	
	Elisabeth Mahaso ¹ and increased risk of stroke?!? Affiliations + expand PMID: 31488424 DOI: 10.1136/bmj.l5397	
	Many non-meat foods are healthy Many non-meat foods are NOT healthy	
UCDAVIS	Soots Meticine : Physical Medicine & Behviolitation	_

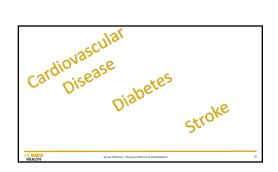












Joint Pain Chronic Pain Constipation Dement	lg.
UC DAVIS Sports Medicine : Physical Medicine & Rehabilitation HEALTH	19

Depression

Anniety

Anniety

Insomnia

UCDAYS

Non-Nature Proof Nature Alestation 2

	Source	Mechanism of Brain Function
Omega-3 FAs	Essential Fatty Acids (cannot be synthesized) and must be acquired through diet	Omega-3 fatty acids essential for supporting intercellular signaling events & positively influence synaptic function
A-linoleic acid or ALA [18:3]	Seeds (flax, walnuts, soybean, hemp, chia, etc)	Rates of conversion of ALA to DHA are <1%.
Eicosapentaenoic acid or EPA (20:5)	"murine" FAs (cod, salmon, sardine, seaweed, phytoplankton)	Rates of conversion of EPA to DHA are ~5%
Docosahexaenoic acid or DHA [22:6]	Coldwater oceanic fish	Most abundant n-3 found in mammalian brain. Primary structural component (50% of neuron's plasma membrane is DHA) of the brain.
		Improve cognition, plasticity, and recovery of neurons after traumatic brain injury; reduces oxidative stress damage that results from trauma
		Decreases amyloid plaques and tau proteins (in animal models for AZ)

	Source	Mechanism of Brain Function
Vitamin E	Spinach, nuts	Improved neuro mitochondrial function and decreases oxidative stress (anti-oxidant)
Curcumin	Turmeric (Ginger) Plant-based, ingredient of curry spice	Reduces oxidative stress and amyloid deposition, protects brain from lipid peroxidation and nitric oxide-based radicals in AZ disease (improved neuronal function) Enhances recovery events after TBI
Restriction of Calories		Increases BDNF and may protect from hippocampal excitotoxicity-induced neuronal apoptosis





Mind Diet: • Mind Diet: • The Mediterranean-DASH Diet Intervention for Neurodegenerative Delay, or MiND diet, targets the health of the aging brain **CANNS*** **The Annies** **Diet Mindful Eating: • Mindful Eating: • Eating mindfully means that you are using all of your physical and emotional senses to experience and eighty the food choices you make







