

# 5 FOODS THAT HARM YOUR BRAIN

Make your brain nutrition a priority

1

## INDUSTRIAL SEED OILS



Canola, soybean, sunflower, safflower, and corn oil are being put into almost every packaged good and fried food these days. Why? Because they are cheap. These cheap highly processed oils are heated to high temperatures and pressures causing the fat too become unstable and not able to retain its natural structure. So why are these bad? Well they wreak havoc in your body causing inflammation and cell destroying oxidation. Think twice about picking up those "healthy" chips without reading the back of the label. Extra virgin organic olive oil and avacado oil are better alternatives.

2

## ARTIFICIAL SWEETNERS



Many artificial sweeteners are known to be neurotoxic (toxic for the brain). They have been linked to a lot of problems such as weight gain, brain tumors, and cancer. They are put in almost everything. Some to watch out for are aspartame, sucralose, and acesulfame potassium. Natural sweeteners like Stevia and Monkfruit are better alternatives.

3

## FOODS HIGH WITH HEAVY METALS



Did you know brown rice has high levels of arsenic. And no, "organic" arsenic is still not good for you. Other foods that contain heavy metals are tuna, swordfish, canned foods, fountain drinks, and refined wheat flour. Heavy metals can be highly neurotoxic and can have a host of damaging cognitive effects.

4

## GLUTEN



Gluten is a family of proteins found in grains. The two main proteins are gliadan and glutenin. Poor digestion of these proteins can cause leaky gut which can trigger an allergic or autoimmune response. Gluten can cause a whole lot of neurological and gut problems even if you are non celiac. Just be careful with foods labeled "Gluten Free." They often contain the nasty artificial sweeteners and rancid vegetable oils mentioned above.

5

## GENETICALLY MODIFIED ORGANISM (GMO'S)



Roundup is a commercial herbicide used to improve margins on crop production. The main ingredient is glyphosate. Pretty much everything non organic you eat has been affected by glyphosate. Glyphosate has been linked to cancer in humans as well as inhibiting beneficial gut bacteria. It is thought to contribute to the recent surge in gluten sensitivity (see above). Stick to organic produce and avoid grains as much as possible.

# References

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