
Healthy Living and Brain Growth:

- **Mindset:** Reflect on whether you believe in the importance of investing in your health daily or prioritize other things before it.
- **Grain Variety:** Vary your grains and avoid consuming rice all the time due to the arsenic content in rice.
- **Exercise and Brain Health:** Regular exercise stimulates brain growth, particularly in the hippocampus, increasing its size and thickening gray matter. Leg exercises like squats are especially beneficial for brain development.
- **Walking Benefits:**
 - Walking 10 to 15 minutes immediately after meals helps lower your glucose response.
 - A 25-minute walk reduces the risk of Alzheimer's disease by 45%.
 - Morning walks can reset your circadian rhythm, boost metabolism, and promote brain growth.
- **Joint Health:** Adding 1 lb. of weight puts 9 lbs. of pressure on your joints. So, 15 lbs. is equivalent to 135 lbs. of pressure on your joints. Losing 15 lbs. of weight is equivalent to having a knee replacement.
- **Klotho Protein:** Klotho is known as the longevity protein. It is primarily produced in the kidneys and the brain, and it acts as a circulating hormone that can influence multiple biological processes.

Gut Health and Hydration:

- **Hydration:** Maintaining a healthy gut requires proper hydration by drinking an adequate amount of water throughout the day.

Stress and Its Effects:

- **Cortisol and Weight Gain:** Stress produces cortisol, a hormone that can lead to belly fat accumulation. Continued stress will increase body weight.
- **Long-Term Stress Impact:** Prolonged activation of the stress response system and excessive cortisol exposure can disrupt many body processes, increasing the risk of:
 - Anxiety
 - Depression

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- Digestive issues
 - Headaches
 - Muscle tension and pain
 - Cardiovascular problems (heart disease, heart attack, high blood pressure, stroke)
 - Sleep disturbances
 - Weight gain
 - Cognitive issues (memory and focus)
 - **Coping with Stress:** It's crucial to learn healthy stress management techniques to protect your health.

Nutrition and Brain Function:

- **Healthy Eating:** Proper nutrition helps the hippocampus in the brain suppress the desire for more food. Eating junk and highly processed foods leads to nutritional deficiencies, causing the body to crave more food.
- **Fat and Brain Abilities:** Losing excess fat boosts brain abilities. Excess fat impairs brain function, reducing cognitive performance.

The Importance of Food and Insulin Management:

- **Food's Role in Health:** Food is the most effective lever for biochemical changes to improve health. Focus on two key criteria:
 - Protect the liver.
 - Feed the gut.
- **Insulin Resistance:** Fixing insulin resistance is the key to losing fat, which involves reducing sugar intake and eliminating refined carbohydrates.
- **Sugar and Weight Loss:** Weight loss cannot occur without reducing insulin levels, which requires cutting back on sugar.

Inflammation and Metabolic Health:

- **Inflammation:** 9 out of 10 people suffer from inflammation caused by gut bacteria. Fiber is essential for feeding your microbiome; otherwise, it will feed on you. Butyrate helps reduce intestinal inflammation.
- **Omega-3s:** These are crucial for metabolic health.

- **Vitamin D3:** Vital for reducing inflammation.

Aging, Muscle Mass, and Fat Accumulation:

- **Muscle Loss with Age:** As you age, you lose muscle mass and gain more fat. After 40, you lose 1% of your muscle mass every year. Glucose has no place to go, leading the body to produce insulin, which converts glucose into fat.
- **Exercise and Muscle Mass:** By increasing muscle mass through exercise, new cells are created for glucose storage, preventing it from turning into fat.

Mitochondria and Insulin:

- **Mitochondrial Function:** With age, the number of growth hormones decreases, and mitochondria may become dysfunctional. A fasting insulin test can indicate whether mitochondria are functioning properly. Keeping fasting insulin levels low is essential.

Chronic Stress and Brain Health:

- **Brain and Glucose Demand:** The brain has the highest glucose demand. Chronic stress elevates cortisol, which in turn raises glucose levels, inhibits mitochondrial function, and exacerbates mitochondrial dysfunction.
- **Leucine's Role:** Leucine, found in dairy milk and corn, stimulates insulin production without glucose. This leads to a greater insulin response, keeping glucose levels lower. However, this insulin rise promotes bad cell growth rather than glucose burn. It will also affect your hormones for a good mental outlook.

Lifestyle Choices and Life Expectancy:

- **Lifestyle Impact:** Choose your lifestyle wisely, as it directly affects life expectancy.
- **Midlife Lifestyle Change:** Switching to a healthy lifestyle in midlife, including a diet rich in fruits and vegetables, regular exercise, maintaining a healthy weight, and not smoking, can significantly reduce mortality and cardiovascular disease risk over four years.
- **Health Benefits:** Adopting a healthy lifestyle in middle age has substantial benefits, including a 40% reduction in mortality and a 35% reduction in cardiovascular disease risk within four years compared to those with less healthy lifestyles.

The Exercise “Myth” for Weight Loss

<https://youtu.be/NuwmXCBS42g?si=r8WMPOXWpYet9jHw>