

Cascade Health Consulting

*Advice and guidance
from a gentle, holistic perspective*

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CascadeHealthConsulting.com

541-653-4983

Questions about these guidelines?

Consult with your health care provider



“

*To insure good health:
eat lightly, breathe deeply,
live moderately,
cultivate cheerfulness,
and maintain
an interest in life.*

”

~ William Londen



Nutrition and Healthy Habits for Your Brain



NUTRITION

The following superfoods and beverages offer critical minerals, vitamins, antioxidants, flavonoids and polyphenols that provide brain-boosting benefits.



Blueberries

Blueberries are rich in antioxidant compounds known as **anthocyanins**, which have been shown to improve brain function.

In fact...

Berries

...berries of all types, including strawberries, raspberries, and blackberries bring you critical minerals, vitamins, antioxidants, flavonoids, polyphenols, and a host of other important phytonutrients that are good for your brain, your heart, and overall health.



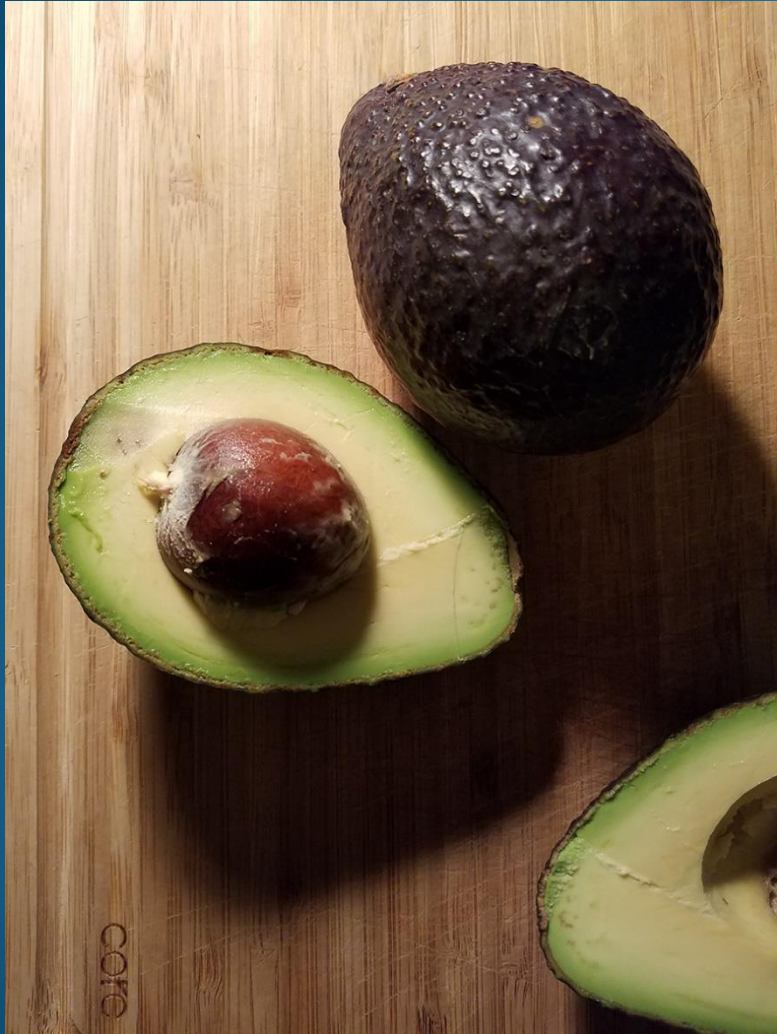
- **What are antioxidants and why are they important?**

Antioxidants block harmful chemical reactions caused by oxidation – the destructive effect of oxygen and other oxidizing agents on the molecular components of cells. Vitamin C, vitamin E, selenium, and carotenoids are examples of antioxidants found naturally in many fruits and vegetables.

"Probably no part of the body is more sensitive to the damage from free radicals as the brain."

~ neurologist David Perlmutter, MD,
author of **The Better Brain Book**

Avocados



Avocados contain monounsaturated fat, which contributes to healthy blood flow. Avocados lower blood pressure and, as hypertension is a risk factor for the decline in cognitive abilities, a lower blood pressure promotes brain health.

Red Grapes



Studies have also shown that grapes can enhance brain health and delay the onset of degenerative neural conditions.

Adding grapes to your diet on a regular basis can prevent the onset of age-related conditions like osteoporosis.



Vegetables

...researchers found that participants in a 2015 study who ate leafy green vegetables, such as spinach and kale, once or twice a day experienced significantly less cognitive decline than those who didn't.

Rush University in Chicago

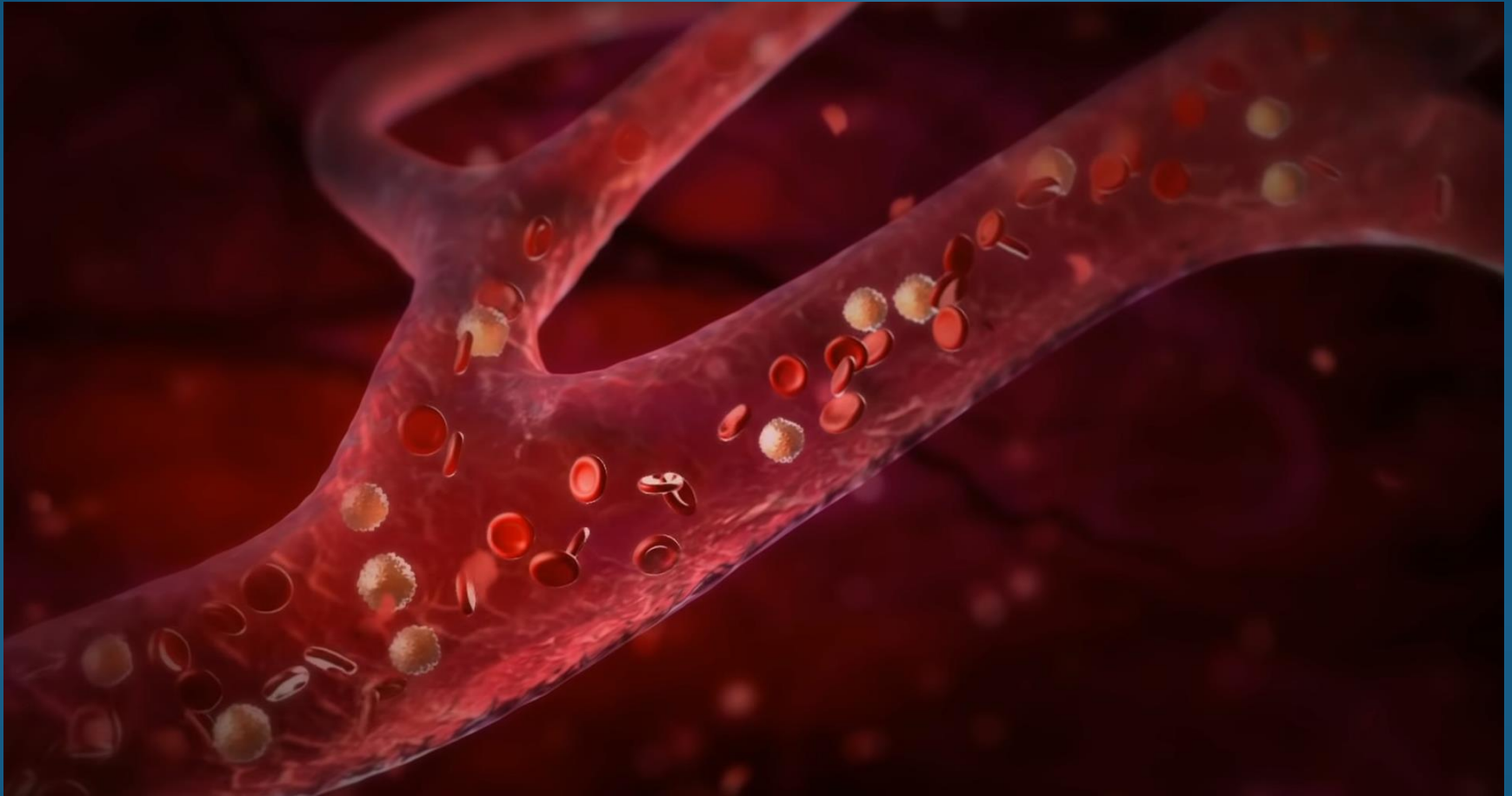


Greens



Greens, especially cruciferous vegetables such as broccoli, cabbage, kale, collards, and Brussels sprouts — are rich in nutrients that benefit brain health.

Cardiovascular health: a TOP health concern



Cruciferous Vegetables



Legumes



The legume family includes thousands of colorful varieties of beans, peas, lentils, soybeans, and even peanuts.

Legumes

Why are legumes
good for you?

The American Diabetes Association, the American Heart Association and the American Cancer Society all recommend legumes as one of the most important food groups for disease prevention and optimal health.



Whole Grains



Whole grains, such as oatmeal, whole-grain breads, and brown rice can reduce the risk for heart disease. "If you promote cardiovascular health, you're promoting good flow to the organ system, which includes the brain." ~ Steven Pratt, MD, Scripps Memorial Hospital in La Jolla, Calif.

Omega-3 Fatty Acids

Why are omega-3 fatty acids good for you?

There are three types of Omega-3 fatty acids--ALA, EPA and DHA. DHA, for example, is a major structural component of the cerebral cortex — the part of the brain responsible for memory, language, creativity, emotion, and attention.

Omega-3 Fatty Acid Foods



Best sources: Wild salmon, sardines, anchovies, mackerel and herring, ground flax seeds and chia seeds, walnuts and hemp seeds or a good quality omega 3 supplement.

Lemon water is an excellent alkalizing drink

"20 Terrific Reasons To Start Your Day With Water and Lemon"



Tea

In moderation, a considerable body of evidence shows that tea may be good for increasing your memory.



Pomegranate and grape juice offers potent antioxidant benefits, which protects the brain from the damage of free radicals



Photo by
Augustus Binu

Turmeric

Turmeric's orange color comes from a polyphenol (a micronutrient with antioxidant activity) called **curcumin**.



Turmeric

- Flavorful addition to sauces, curries, stir-fries, and casseroles
- Curcumin absorption increases when combined with black pepper and a bit of healthy fat (unsalted butter, avocados and cold-pressed olive oil)
- Also available as a supplement, tea

Last, but NOT least...

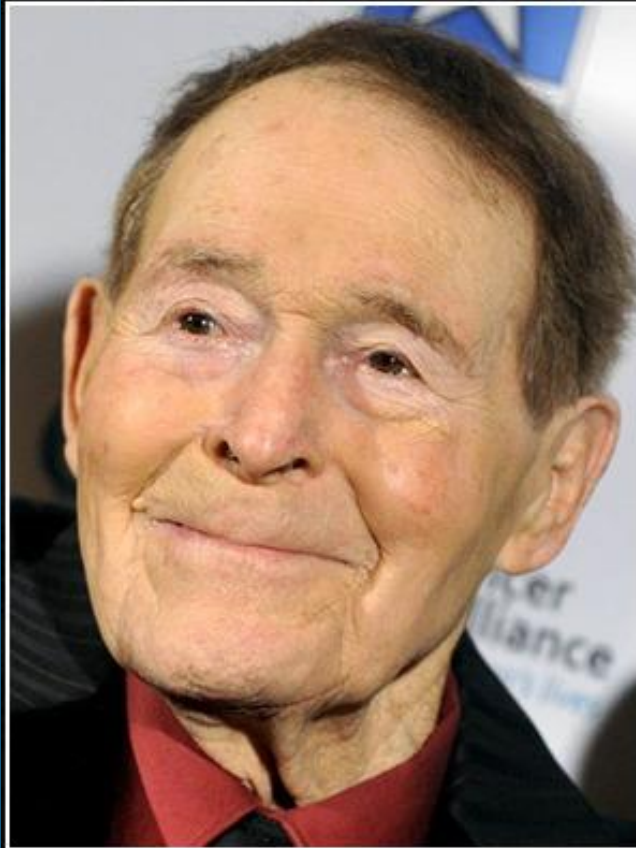


Chocolate!

Dark chocolate has powerful antioxidant properties, contains several natural stimulants, including caffeine, which enhances focus and concentration and stimulates the production of endorphins, which helps improve mood.

Healthy Habits For Your Brain

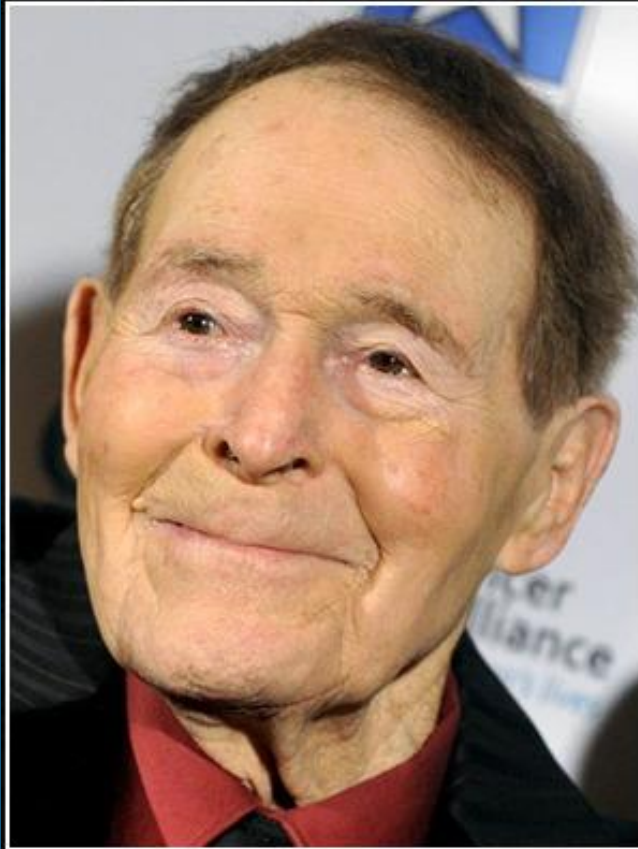




Exercise is king. Nutrition is queen.
Put them together and you've got a
kingdom.



AZ QUOTES



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Jack LaLanne

AZ QUOTES

Healthy Habits for Your Brain

**GOOD OVERALL HEALTH MAY HELP TO
MAINTAIN GOOD BRAIN HEALTH**



Guidelines from the National Institute on Aging

Basic Advice for Exercise from the National Institute on Aging

- Exercise and physical activity fall into four basic categories—endurance, strength, balance, and flexibility.

EXAMPLES...

- Doing all 4 will give you more benefits.

Basic Advice for Exercise from the National Institute on Aging

- Stick with exercise long-term by finding activities you like to do.
- Start with short walks around the neighborhood, and by doing strength exercises with minimal or no added weight.



Exercising with Chronic Conditions: Heart Disease, Diabetes, Arthritis, and Osteoporosis

- Having a chronic condition doesn't mean you have to rest all day. In fact, being active can improve some chronic diseases!
- Talk with your doctor about the exercises and physical activities that are best for you.

**Studies show a strong link between...
heart health and brain health**



Keeping Your Brain Active

Keeping your mind active may help maintain your learning, remembering, and thinking skills.



Activity
ideas:

Read books
and magazines

Play games and
do puzzles

Take a
class or join a
club

Keeping Your Brain Active Chess!



Brain Yoga

Take your left hand, make a fist, and extend your thumb; do the same with your right, only extend your pinky. Now switch them so it's left pinky and right thumb.

Not so easy? The coordination involved will strengthen neural connections, which will help both memory and other gray matter functions.

mentalfloss.com

Social Connection

PEOPLE WHO TAKE PART IN MEANINGFUL ACTIVITIES SAY THEY FEEL
HAPPIER, AND IT MAY REDUCE SOME HEALTH RISKS

Be social and stay connected by:

- Joining a social club or gathering with friends and family
- Trying programs at local community organizations
- Take or *teach* a class
- Work or volunteer



Social Connection

Free Herbalism Project

Sunday, May 5th, 11:00 am-5:00 pm

Mt. Pisgah Arboretum

<https://info.mountainroseherbs.com/free-herbalism-project>

Adequate Quality Sleep

- Regular exercise and movement.
- Watch caffeine intake, especially later in the day.
- Relax before sleep time.
- Create a soothing bedroom by using aromatherapy, soothing sounds, eye masks.
- Limit watching TV or eating in bed.





Call for Saturday appointments:

541-653-4983



**5 EAST 24TH
IN EUGENE**

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