



# *Julie Scott Nutrition*

## *Energize Your Life!*

Julie Scott, JD, CNC - 650-397-1037 - [www.JulieScottNutrition.com](http://www.JulieScottNutrition.com)

### **Summary – Supercharging Your Brain with Nutrition**

- 1) What are the key components that comprise good health?
  - SHEDDS
    - Stress Management/ Positive Thinking
    - Hydration
    - Exercise
    - Diet (nutrition)
    - Detox
    - Sleep
- 2) Food strategies for optimizing the brain
  - High quality protein - organic, grass-fed meats and chicken, fish, beans and legumes, nuts, seeds, small amounts of organic dairy, ideally fermented or raw or spirulina.
  - Magnesium – found in leafy green vegetables, seeds, nuts and tofu. If using a supplement make sure it is high quality and highly absorbable. You can try 350 mg per day and see if you notice it.
  - Omega-3 fatty acids – Fish such as salmon, sardines, herring, and halibut are high in omega-3's. Vegetarian sources are walnuts and flaxseeds. If using a supplement make sure it is purified of toxins. Nowadays, fish can have a high level of mercury that is harmful to the brain.
  - Make sure your digestion is functioning optimally. If you frequently experience excess gas, bloating, diarrhea, constipation or heartburn, you need to work with a nutritionist to heal your digestive tract. If your digestion is impaired you will not be able to absorb and benefit from the nutrients in your food.
- 3) Avoid or Minimize
  - Alcohol
  - Caffeine
  - Sugar and Sugary drinks
  - Diet Drinks
  - Processed foods with artificial chemicals and dyes.
  - MSG and other artificial additives
  - High Fructose Corn Syrup
  - Food products that are Genetically Modified
- 4) Practice Positive Thinking/ Stress management techniques
  - Gratitude
    - Today – appreciate and directly thank someone toward whom you feel gratitude
    - Feel gratitude for co-workers that improve your work-life
    - Upon waking or before bed or at both times – hold a thought of gratitude for someone or something in your life. Ideally, have gratitude for 1- 3 things per session. It can even be something as simple as having gratitude for a comfortable chair.
- 5) Turn information into Action – make sure you incorporate these practices into your daily life for better brain function and overall health. Be well!