



# Brain Food

## Supplements

- ☐ Magnesium L-threonate or Glycinate (before bed after a meal)
- ☐ B Vitamins (in the morning)
- ☐ A Daily Multivitamin (might contain some of the above)
- ☐ Omega-3's (from algae or fish oil)
- ☐ Probiotics (gut-brain connection)
- ☐ Lions Mane (neuroregenerative mushroom, available powder or tincture)

## Brain Health Power Foods

- ☐ Avocados (Vitamin E)

Avocados are high in healthy fats and vitamin E, an antioxidant that protects brain cells from oxidative stress.

- ☐ Dark Leafy Greens (Chard/Kale)

Dark leafy greens like chard and kale are rich in magnesium, folate, and other essential nutrients that support brain health.

## Brain Health Power Foods

### ☐ Berries (Blueberries/Blackberries)

Berries are high in antioxidants and phytochemicals, which protect the brain from oxidative stress and inflammation.

### ☐ Coconut

Coconut, particularly coconut oil, is a source of medium-chain triglycerides (MCTs), which are converted into ketones. Ketones are an alternative energy source for the brain and can help in reducing seizures, especially in the context of a ketogenic diet.

### ☐ Probiotics (Yogurt, Kefir, Sauerkraut)

Probiotics found in yogurt, kefir, and sauerkraut support gut health, which is closely linked to brain health through the gut-brain connection.

### ☐ Turmeric

Turmeric contains curcumin, a compound with strong anti-inflammatory and antioxidant properties. Curcumin can cross the blood-brain barrier and protect brain cells from inflammation and oxidative stress, which may help in reducing seizures.

### ☐ Walnuts

Walnuts are rich in omega-3 fatty acids, antioxidants, and other nutrients that support brain health.

### ☐ Prebiotics (Avocados, Artichokes, Asparagus, Berries, Peas, Chia Seeds, Pistachios)

Prebiotics like those found in avocados, artichokes, asparagus, berries, peas, chia seeds, and pistachios support the growth of beneficial gut bacteria. A healthy gut microbiome can positively influence brain health and help in reducing seizure frequency.

### ☐ Saffron

Saffron has been shown to have neuroprotective and anti-inflammatory effects.

### ☐ Matcha

Matcha is rich in antioxidants, particularly catechins, which can protect brain cells from oxidative stress. It also contains L-theanine, an amino acid that promotes relaxation

## Brain Health Power Foods

without drowsiness, which works on GABA. However, it does contain caffeine, which can be a trigger for some seizure patients.

### ☐ Lion's Mane

Lion's Mane mushroom contains compounds that stimulate the production of nerve growth factor (NGF), which supports the growth and maintenance of neurons. This can enhance brain function and potentially reduce the frequency of seizures by promoting neuronal health.

### ☐ SMASH Fish

SMASH fish (Salmon, Mackerel, Anchovies, Sardines, and Herring) are rich in omega-3 fatty acids, which are essential for brain health. Omega-3s have anti-inflammatory properties and can help in maintaining brain function and mood.

## Clean your Pantry and Avoid:

### High Carbohydrate and Sugary Foods

- **Sugary and Refined Foods:** Foods high in sugar and refined carbohydrates can cause spikes in blood sugar levels, which may trigger seizures. This includes candies, pastries, and sugary drinks.

### Fake Sugar

- In your quest to decrease sugar intake, be careful of fake sugars, as aspartame has been known to cause seizures. There is limited data on other alternatives like monk fruit and stevia.

### High-Mercury Fish

- High mercury fish are detrimental to brain health due to the toxic effects of methylmercury, the organic form of mercury that accumulates in fish tissues. Heavy metal toxicity can actually cause seizures.

### Unhealthy Fats and Oils

- **Unhealthy Oils:** Foods high in unhealthy fats, such as trans fats and certain saturated fats, should be avoided as they can contribute to overall poor health and potentially impact seizure control.

### Certain Dairy Products

## Clean your Pantry and Avoid:

- **Milk and Some Dairy Products:** Some individuals may need to avoid certain dairy products like milk, which can interfere with medication absorption or exacerbate seizure activity.

### Caffeine and Stimulants

- **Caffeine:** Found in coffee, tea, soda, and energy drinks, caffeine can be a seizure trigger for some people with epilepsy.

### Alcohol

- **Alcohol** is a known neurotoxin and a common trigger for seizures. If going alcohol free seems like a stretch, read the lifestyle section for sobriety.

### Processed Foods and Additives

- **Processed Foods:** Highly processed foods often contain additives, preservatives, and artificial sweeteners that might trigger seizures in some individuals. This includes foods with monosodium glutamate (MSG) and certain colorings and preservatives.

### High Salt and Spices

- **High Salt and Spices:** Excessive salt and certain spices may also act as triggers for some people with epilepsy. I find that eating very salty meals can also interfere with my sleeping well.

### Foods Interfering with Medications

- **Grapefruit and Pomegranate Juice:** These can interfere with the metabolism of certain epilepsy medications like midazolam, carbamazepine, and diazepam, potentially reducing their effectiveness.

# Meal Plan Ideas

This protocol combines the following methodologies to optimize your brain health:

**The Ketogenic Diet:** A high-fat, low-carbohydrate diet originally developed to control seizures in patients with treatment resistant epilepsy. This diet forces the body to use fats rather than carbohydrates for energy, producing ketones which have anticonvulsant effects. It also has been successful in treatment of depression, migraines, and other brain issues.

**Anti-Inflammatory Diet:** Chronic inflammation is linked to various neurological conditions, including epilepsy. An anti-inflammatory diet rich in vegetables, nuts, seeds, and fatty fish (being mindful of heavy metals) can help reduce inflammation. Here we adjust the traditional keto diet away from an excess of red meat and dairy and incorporate more vegetables.

**Nootropic Cuisine:** Favoring foods that improve brain health such as lions mane mushroom, matcha, saffron, etc.

**Heavy Metal Detox:** Using celery juice, spirulina, and cilantro to clean the blood stream. I highly recommend getting blood work done to see whether your metal levels are high.

## Breakfast

### **Celery Juice with Spirulina and Cilantro**

then...

**Matcha with Functional Mushrooms and Coconut Oil and Soy Milk** (if you use caffeine)

### **Coconut Chia Pudding**

Mix coconut cream with chia seeds, chill overnight. Top with cinnamon, slivered almonds and raspberries or black berries.

### **Mushroom Omelette with Avocado**

Lions Mane or other mushrooms sauteed with coconut oil, topped with eggs. Add a full avocado, with lemon and salt.

## Lunch

### **Club Salad**

Salad with cucumber, eggs, cheese, and ranch dressing.

### **Buddha Bowl**

## Lunch

Sauteed mushrooms and tofu on a bed of arugula with goat cheese and walnuts.

## Dinner

### **Salmon on Kale**

Baked salmon on a bed of kale with crispy brussel sprouts.

### **Tofu Curry**

Simmer curry sauce with turmeric and ginger, add tofu, mushrooms, and broccoli. Serve on cauliflower rice.

[Need more ideas?](#)