Healthy Gut – Healthy Brain

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Healthy Body – Healthy Brain

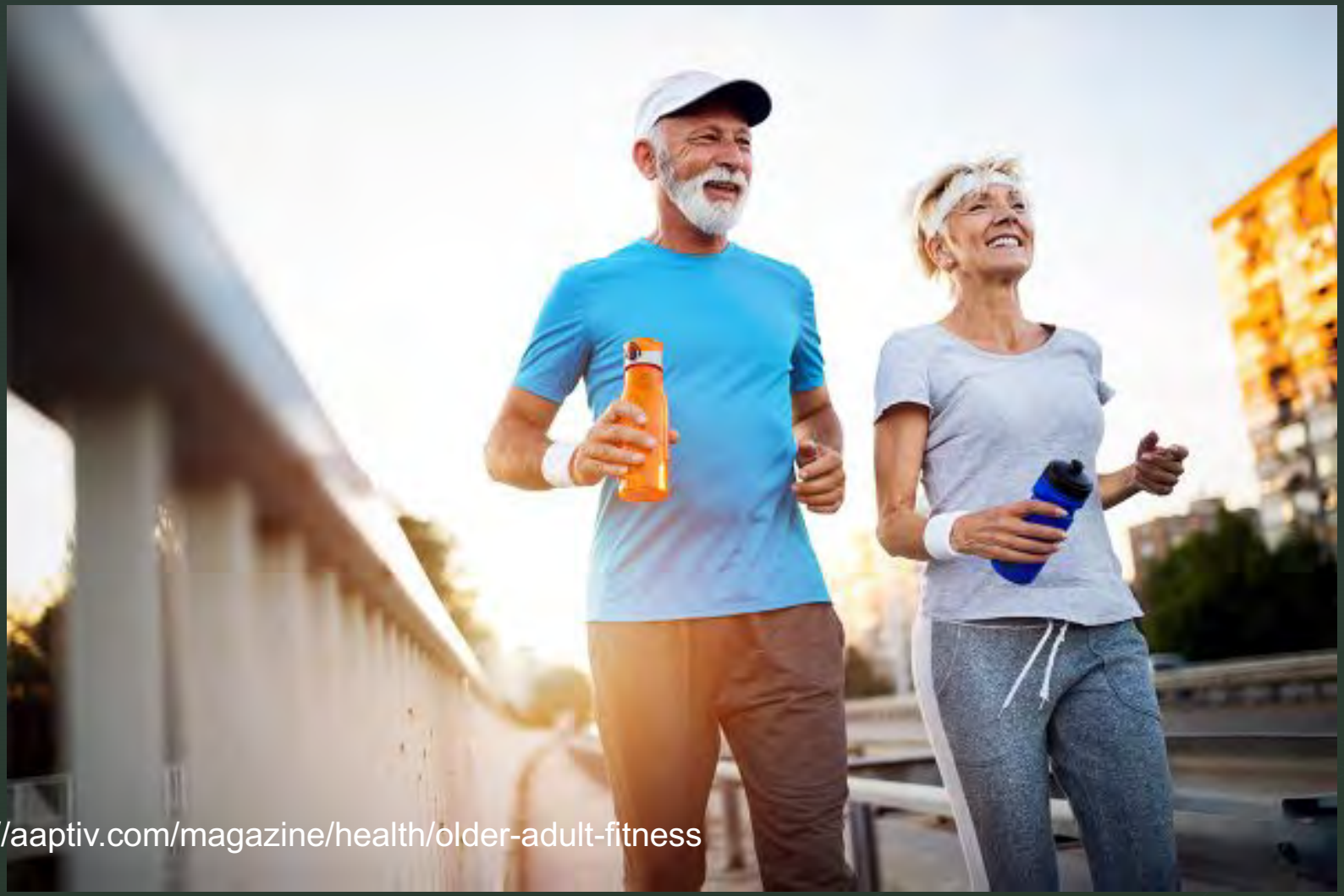
Your Brain

- Weighs about 3 pounds (less than the average liver)
- Outer surface is called the cortex
- Packed with specialized cells called ‘neurons’
- Billions of connections between neurons – use neurotransmitters as communication

The brain does not exist in isolation from the rest of the body

https://aaptiv.com/magazine/health/older-adult-fitness

The brain is just one of many organs that work together

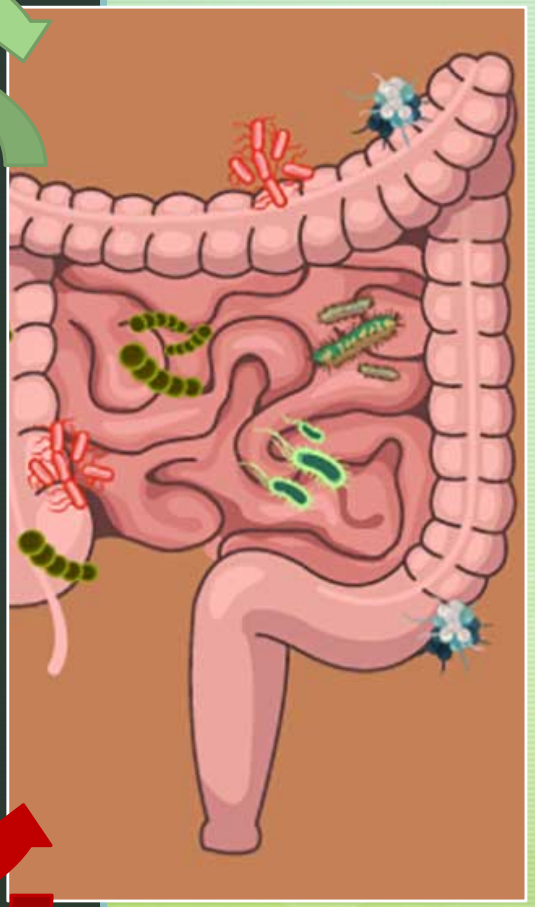


https://aaptiv.com/magazine/health/older-adult-fitness

Brain-Gut Axis

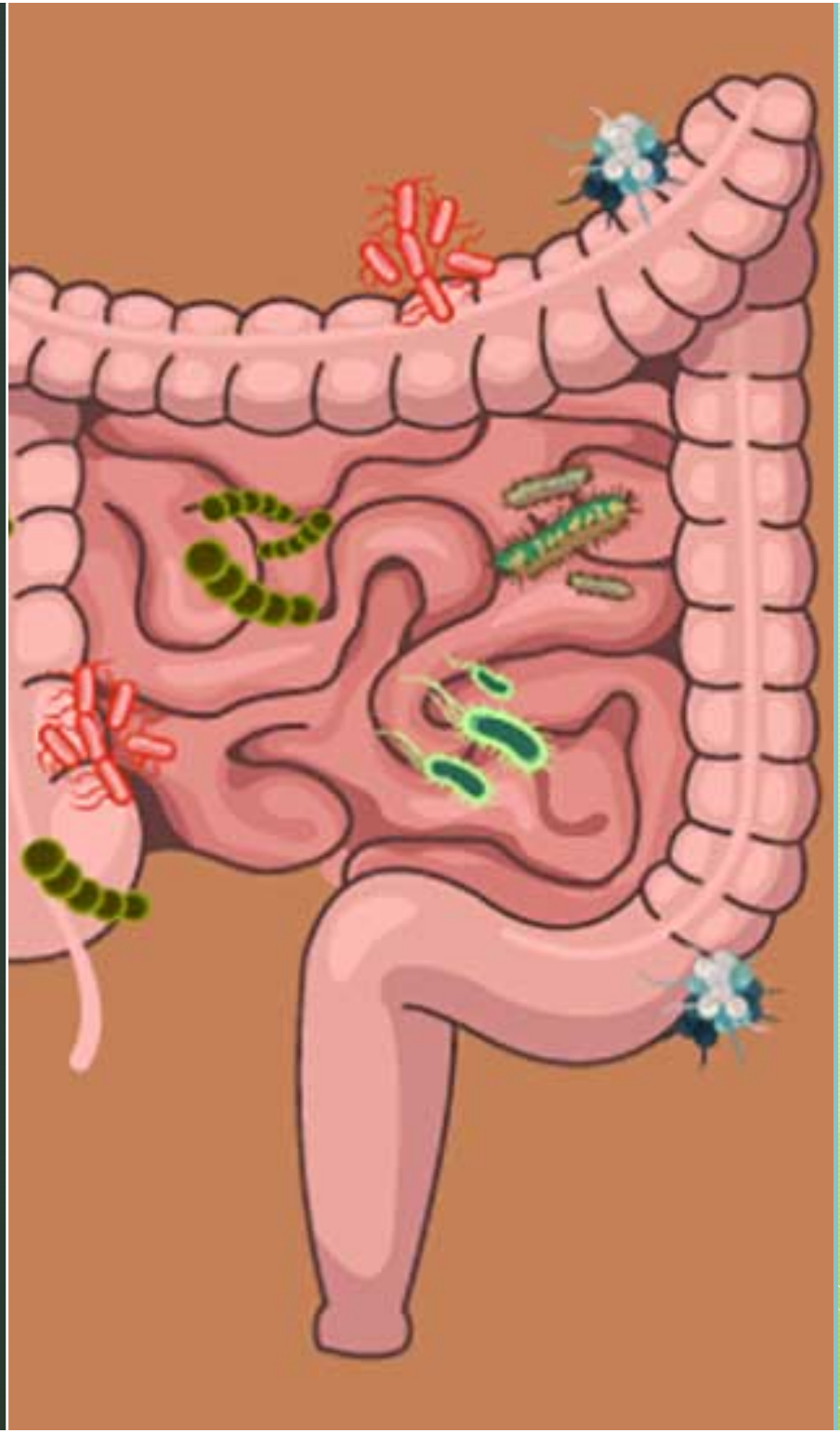
Direct Connection:
Vagus nerve

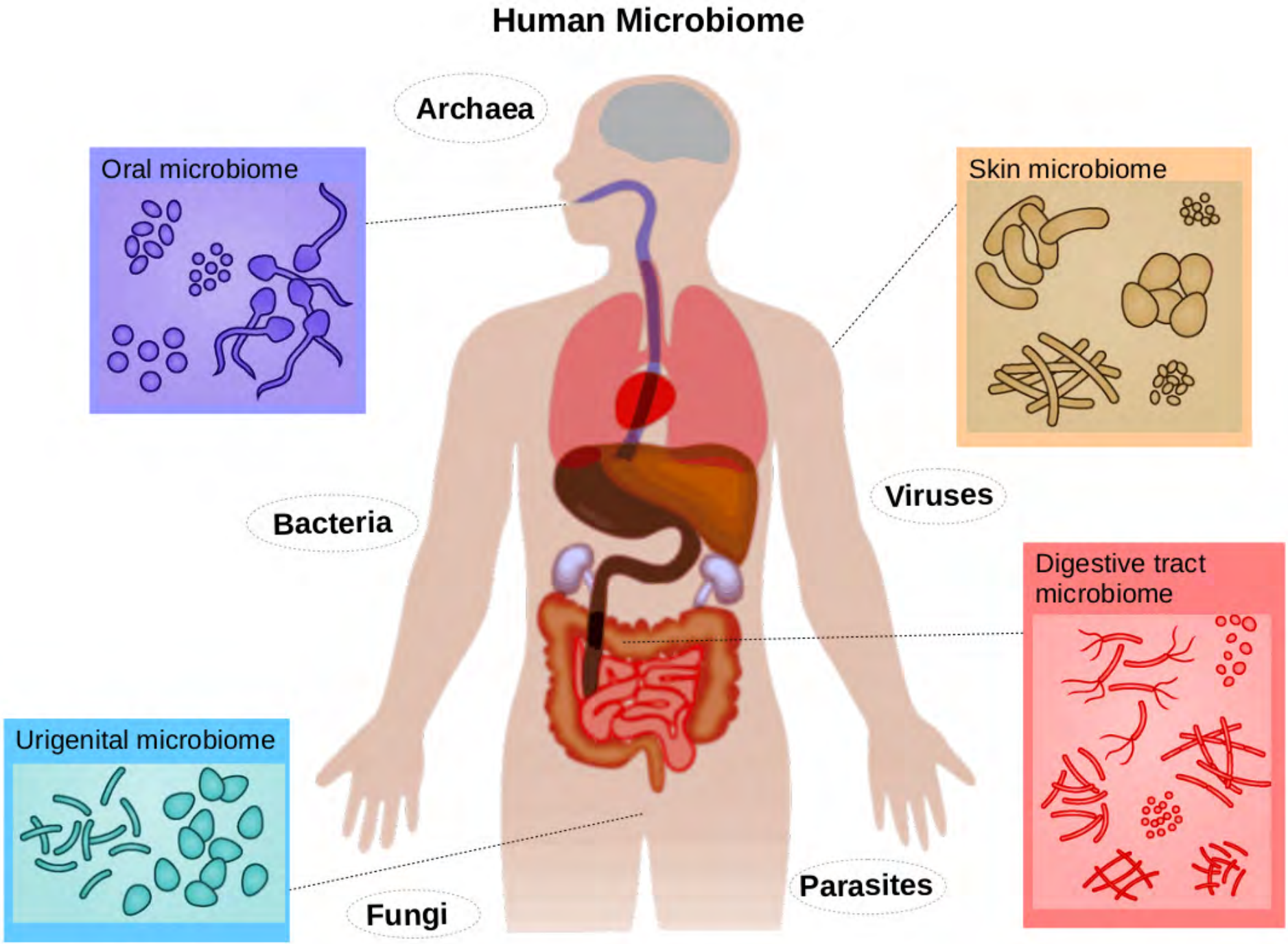
Indirect Connection
(through blood):
Hormones
Neurotransmitters
Immune system



Your Gut

- Includes stomach, pancreas, small and large intestines, colon
- Liver also closely associated
- Processes food and produces vitamins, enzymes, fatty acids, and more
- Heavily involved in immune function

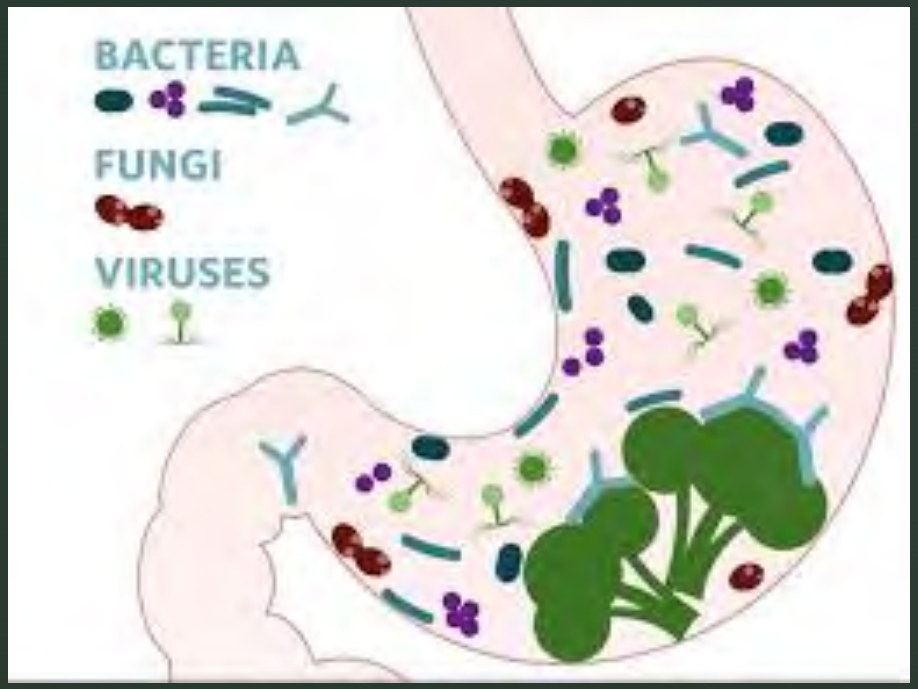




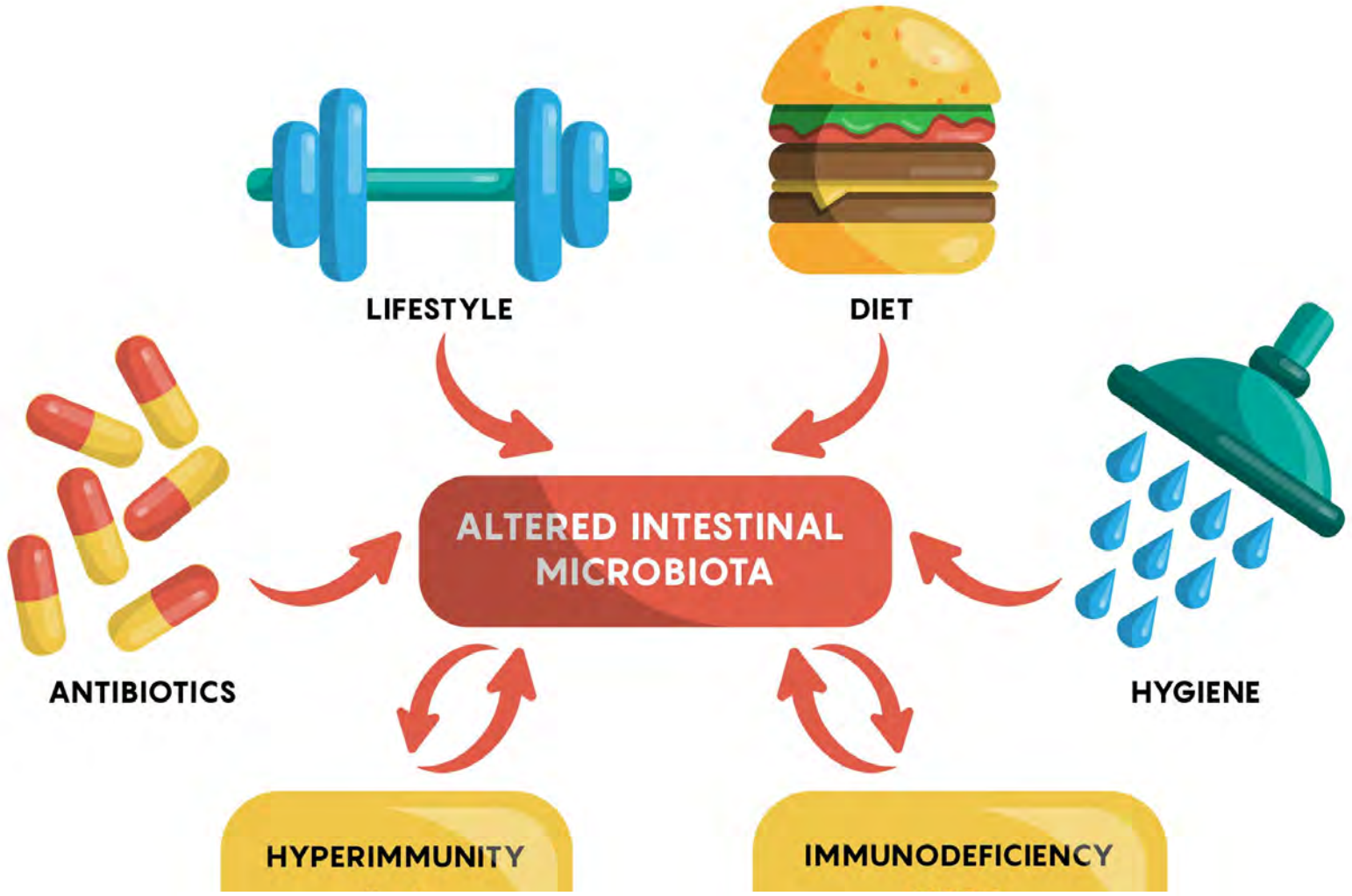
https://www.whatisbiotechnology.org/index.php/science/summary/microbiome/the-human-microbiome-refers-to-the-complete-set-of-genes

Your Gut Microbiome

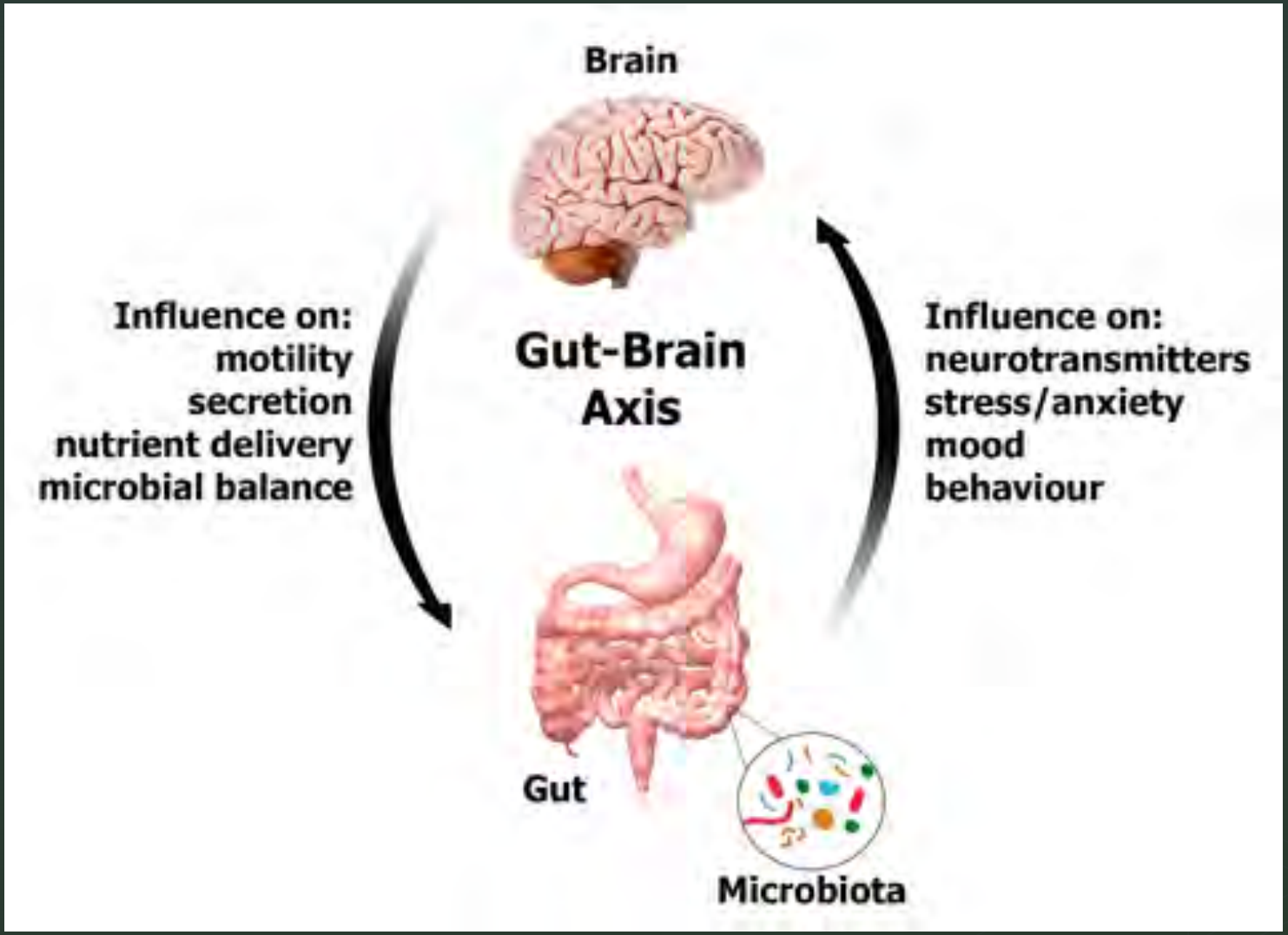
- Trillions of microorganisms that can weigh up to 2kg
- 1000 different species of bacteria
- One third of your gut microbiome is common with others
- Two thirds of your gut microbiome is unique to you



https://www.calacademy.org/educators/whats-up-with-your-gut-microbiome


LIFESTYLE
DIET
ANTIBIOTICS
ALTERED INTESTINAL MICROBIOTA
HYGIENE
HYPERIMMUNITY
IMMUNODEFICIENCY

Gut-Brain Axis



https://www.dougcookrd.com/2017/08/gut-brain-mental-health-dietitian/

Importance of a Healthy Lifestyle


Ceia
KITCHEN + BAR
Older models can keep their looks and their function, but they require more maintenance

Maintenance = A Healthy Lifestyle

Healthy gut –brain axis needs:

Nutrition
Regular Exercise
Strength Training
Sleep Habits
Socializing
Life-long Learning

Maintenance = A Healthy Lifestyle

Great News: It’s NEVER too late to start!

Nutrition - Mediterranean Diet + DASH Diet = MIND Diet

Results of Recent Studies:

Study results spanning an average of four and a half years showed that participants following the MIND diet lowered their risk of AD by as much as 53 percent in participants who adhered to the diet rigorously, and by about 35 percent in those who followed it moderately well

Consuming a Mediterranean diet + olive oil OR + nuts over 6 years resulted in significant cognitive improvements in 447 older adults

- participants were ~70 years at start of study and were high-risk for cardiovascular problems

Good Fats – olive oil, avocado, nuts, salmon

High consumption of grains and legumes

Low consumption of high quality animal protein

Lots of fruits and veggies

THE MIND DIET

Vegetables!
Including lots of green, leafy vegetables!!

Fill HALF of your plate with vegetables!

Berries – fruit is great! But berries are extra great!
Eat them almost everyday!

Nuts

Enjoy some raw, unsalted nuts everyday!

Whole Grains
Have 3 servings of whole grains everyday!

Beans and Lentils
Use these as a source of protein almost everyday!!

Fish
Enjoy fish 1-2 times a week.

Poultry
Eat as part of 1-2 meals a week

Olive Oil
Use instead of butter or stick margarine whenever possible.

Wine

No more than one glass per day….

Limit or avoid….

Stick margarine
Deep fried food
Butter
Red meat
Whole fat cheese
Pastries
Sweets

Mediterranean diet

↓

Reduced Inflammation

↓

Reduced Cognitive Decline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Nutrition
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Strength Training
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Life-long Learning

Questions ?

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