Experts reveal secrets of staying mentally sharp and happy

We are delighted to invite you to Food for the Brain's Education Day: ‘Mental Health – The Nutrition Connection’. Taking place in Hammersmith, London on May 17th 2014, the day is held in partnership with Brain Bio Centre, the UK's only outpatient clinic specialising in mental health nutritional therapy, and BioCare, one of the leading suppliers of nutritional supplements in the UK.

Declining mental health is a worrying global health issue, however, there are means to potentially minimise the number of people suffering with such conditions. ‘The Nutrition Connection’ will be an information packed day, specifically addressing common conditions and what can be done about them, in terms of nutrition.

Included will be: depression and anxiety; Alzheimer’s and dementia; schizophrenia and related symptoms; plus a focus on children’s health in regards to autism, ADHD, learning and behaviour, as well as an important update on drug-nutrient interactions, important for those who need to work on nutritional improvements alongside current medication.

For just £75 (+ VAT), educate yourself with the wealth of advice available from our panel of experts in the field. This insight into the work of Brain Bio Centre is a unique opportunity to get first-hand knowledge on the best means to effectively support those close to you. A question & answer session will be included for each condition.

Speakers include Patrick Holford, Author & Founder of Food for the Brain, Nutritional Therapists Deborah Colson, DipION mBANT and Lorraine Perretta DipION mBANT and Clinical Psychiatrist Dr Siobhain Quinn, from Brain Bio Centre.

With places limited email us today for further information and to register your interest info@foodforthebrain.org

For those who cannot attend, the event will be filmed and made available for purchase.
Plan B update:
Cut sugar and refined carbohydrates

Food for the Brain recently attended the UK Health Forum's day on the prevention of dementia, with a view to encouraging homocysteine testing in memory clinics.

We also attended the launch of Alzheimer's Disease International's report 'Nutrition and dementia', which investigates how the right nutrition can help make life better for people affected by dementia.

The report reviews dietary factors across the life course that might increase or decrease the risk of onset of dementia in later life. It also details what actions could be taken to improve the nutrition of people with dementia, through diet and external factors. To read the report in full, please click here.

6 Prevention Steps

A review of hundreds of studies, many included in the report above, suggests there are six simple diet and lifestyle choices you can make to help reduce the risk of memory loss and Alzheimer's disease later in life. To see all six, click here. In previous e-newsletters we have covered how to cut refined sugars from what you eat, why it is important to increase fruit and vegetables, with tips on how to do it, and ideas on how to get more essential fats in your diet; the fourth step we recommend is to limit coffee and add in green tea instead.

Step 4

Limit coffee – green tea is better

While there is inconsistent evidence linking coffee with more or less risk of developing Alzheimer's disease, drinking a lot of coffee does raise homocysteine levels and may increase the loss of protective B vitamins via the urine. On the other hand, green tea is associated with a lower risk of cognitive impairment (Green tea consumption and cognitive function: a cross-sectional study); the polyphenol content has in the past been assumed to mediate its effect as an antioxidant, but more recently research has focused on non-antioxidant mechanisms of action mediating significant benefits on human brain and vascular function. Leading the field in this area is Professor Jeremy Spencer, who we are delighted to welcome as a new member of Food for the Brain's scientific advisory board (see below).

If reducing coffee consumption is your aim, do so gradually in order to minimise withdrawal symptoms, typically headaches and fatigue. If you are used to drinking more than 5 or 6 coffees a day, work initially towards replacing every other one with a cup of green tea and/or a glass of water; the lower caffeine content of green tea will ease withdrawal. Our advice ultimately is to enjoy one coffee a day and otherwise choose herbal or green tea instead.

In terms of fruit, berries are particularly high in flavonoids, especially anthocyanidins, so blueberries and strawberries are a good choice. These antioxidants are also found in tea, red wine and chocolate, so enjoy these foods but do bear in mind that the associated cognitive benefit is found at low levels of intake – it is not a case of the more the better, as could be said of vegetables.
**Research update**

**High homocysteine linked to increased dementia risk**
A study following 201 individuals born in 1921, and without dementia at age 77, investigated their risk for dementia to the age of 88 in relation to homocysteine levels and also blood levels of B vitamins (B12 and folic acid) and antioxidants.

The study found that those people with the highest homocysteine levels, above 14mcml/l, were associated with a 234-272% increased risk of developing dementia. This increased risk was independent of the B vitamin or antioxidant status. In other words, it appears that having a raised homocysteine level, whether or not the result of a lack of B vitamins, is itself a significant risk factor for developing dementia. This implies that lowering homocysteine, which is reliably achieved by high dose B vitamins, would be likely to significantly reduce risk.


**Brisk walking could slow dementia onset**
Many national newspapers picked up this week on study results reported by researchers presenting at the American Association for the Advancement of Science: this study found that regular brisk walking can delay dementia. 100 adults aged 60 to 80 were monitored on their physical activity, with half assigned to walking three days a week at 30-45 minutes a time. They found that this increased the size of brain regions associated with memory. The researchers were unsure how long such improvements would last for but believe that further research over long periods of time should be done to explore long-term implications. Read *The Guardian* article [here](#).

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**Case Study: Rett Syndrome**

**BACKGROUND**

*September 2012*

Dylan, three years old, was brought to the Brain Bio Centre clinic by her parents. She has a diagnosis of Rett Syndrome, a progressive neurological disease, and they wanted to improve her immune system, her general health and mental alertness.

They reported that she had a constant runny nose, recurrent ear and chest infections, some digestive issues, was always restless and nervous, made poor eye contact and had poor coordination.

She was not taking any medication, however had taken several courses of antibiotics over the past 3 years, mostly for ear, nose and throat (ENT) related issues.

She was recommended tests, including a nutritional status panel, food intolerance, HPL (to look for pyroluria), a secretory IgA test (a key immune component present on mucous membranes which supports immunity) and digestive function and parasitology stool test.

Dylan's diet was already very good, so only a few initial dietary recommendations were made which focussed on improved blood sugar balance. Magnesium flakes were recommended to add to her bath.

*October 2012*

Dylan's parents reported some improvement from initial dietary recommendations: she was more relaxed after using the magnesium flakes and her mood had been stable. She had more energy and seemed brighter. They had also noticed an improvement in her digestion.

Test results revealed:
- Multiple food intolerances
- Low in vitamins D and E
- Positive for pyroluria
- Low Secretory IgA
- Low B vitamins
- Low Omega 6
- Low *L. Acidophilus* in the stool

Client was recommended:
- Omegas 3 and 6
- Vitamins A, E, D, K and B-complex
- L-Taurine
- Zinc
- *L. Acidophilus* and *Bifidobacterium* probiotic
  - *Saccharomyces* Boulardii

**November 2012**
Dylan's parents reporting that she is "like a new person", saying that she is happy and alert and has a better demeanour. Has good energy, seems less stressed, is making more eye contact and is less anxious. She is more active and has a good appetite.

Further dietary recommendations given.

**October 2013**
Tests repeated to assess current status

**December 2013**
Parents reveal that she is doing "really well". She had only one ear infection in the last year and no chest infections which is a significant improvement on previous years. She was in good spirits and was very happy and relaxed. She also took her first steps. She still occasionally got coughs and colds but they didn't hit her as hard and didn't last as long. Her sleep was good and her digestion was great.

**TESTIMONIAL**
"The Brain Bio Centre has made a huge difference to Dylan's wellbeing. She is less anxious, more alert and happier. She is less prone to illness and when she does become unwell, she recovers more quickly. It was so refreshing to hear that something could be done to help Dylan despite an underlying genetic flaw.

At present there is no cure for Rett Syndrome but by addressing it nutritionally and with targeted supplementation, we can impact some of its symptoms and hold others at bay. For this reason, we have recommended the Brain Bio Centre to several other parents who have a daughter with Rett Syndrome."

*Marc Souter, father to Dylan Souter*

For more information about Dylan and why Rett Syndrome has the potential to be cured, please visit [www.curefordylan.com](http://www.curefordylan.com)

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**Professor Jeremy Spencer joins Scientific Advisory Board**

We are delighted to announce that Professor Jeremy P E Spencer, Professor of Nutritional Biochemistry and Medicine at the University of Reading, has joined Food for the Brain's Scientific Advisory Board. Professor Spencer's work on how flavonoids and other polyphenols found in fruits, vegetables and beverages, promote brain and cardiovascular health, has informed the development of our Alzheimer's prevention plan and we look forward to learning more from his own and his department's work in the future. [Read more.](http://www.curefordylan.com)
Please donate

Food for the Brain operates on donations alone; we have made huge strides in helping get Alzheimer's prevention on the agenda and we aim to update and improve the Cognitive Function Test before distributing it to a much wider audience of 50-70 year olds who have a chance of avoiding this insidious disease.

We are also focusing heavily on helping those with schizophrenia and related symptoms, by conducting a groundbreaking trial to show the effectiveness of using nutrition to help these patients regain control of their lives.

Both these projects require donations. If you can help, please do so by clicking on the Donate button at the top of the page, or donate by text. Thank you.

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