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Brain Health Playshop

For Old Lesbians Organizing for Change (OLOC)

July 15, 2010

Cleveland, Ohio

Presented by Joan Margaret, D.C.

Member of the San Francisco Bay Area Chapter

www.labryshealthcarecircle.com

Table of Contents:

1. **Love-Your-Brain Program or Eight Strategies for Brain Healing**, by Dr. Joan Margaret
2. **Gluten-Free Diet Instructions**, Labrys Healthcare Circle
3. **Resources for Brain Health**, Labrys Healthcare Circle, BEMER description and events, Janis Irvin
4. **Stress and Nutrition**, Laura Knoff
5. **The Grown-Up Brain**, review of book by Barbara Strauch, by Joan Margaret
6. **Liver Pate and Energy Smoothie**, Laura Knoff
7. **A Cure for Alzheimer's Disease**, Dr. Mary Newport
8. **Benefits of Brain Training**, Ann Valliant
9. **Give My Brain Back**, song lyrics by The Tribad singers



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Love-Your-Brain program or Eight Strategies for Brain Healing

Don't stress about it, though. Start with one step and when you're ready, add another. Gradually stretch yourself to do them all at least three times a week if not daily.

- 1. Stop eating foods that cause inflammation.** The most common sources are gluten/gliadin, which are proteins in wheat and other grains, and casein, which is a protein in milk products, less in goat than cow milk. Avoid refined sugar and high fructose corn syrup.
Choose to use organic foods that are anti-oxidants, instead of those that damage your cells, (see #4, refined carbohydrates): prunes, blueberries, blackberries, garlic, kale, cranberries, strawberries, raw spinach, raspberries, Brussels sprouts, plums, sprouts, steamed spinach, broccoli, beets, avocados, oranges, red grapes, red peppers, cherries, kiwifruit, baked beans, pink grapefruit and kidney beans. A key is color – darker is better.
Brain anti-oxidant herbs include catechin from green tea and curcumin from turmeric root. These herbs and others are in herbal supplements from Apex Energetic, one called NeuroFlam, to calm brain inflammation which causes brain fog and memory loss; GlutenFlam contains enzymes that digest gluten and casein.
- 2. An inflamed gut is an inflamed brain.** Improve your digestion. Additional to a gluten/casein-free diet, consider taking regular digestive enzymes or hydrochloric acid food supplements to help digest your food. Eat only foods that are safe for you, for instance, eliminate refined and processed foods. Eat only whole foods, if possible organic, with three servings per meal of green leafy and colored vegetables, small portions of animal protein and few gluten-free grains.
- 3. Good quality fats and protein are very important.** Those of us who have avoided eating fats all our lives are having greater brain degeneration late in life. This is because we have been missing the fats needed to make neurotransmitters, cell membranes (the brain of each cell) and hormones. Whether or not you are afraid of fats, here are some suggestions. Eat the organic chicken with the skin and eat duck and chicken eggs including the yolk. Supplement your foods with cold-water fish oil and coconut oil from the best sources. Eat 4 teaspoons of coconut oil/day, more if you can, to avoid/cure dementia (see Dr. Mary Newport's article).
- 4. A steady supply of blood glucose is essential.** Natural fats and proteins with adequate minerals (as from seaweed) provide steady glucose. Eliminate all sources of refined carbohydrates, whether or not you think you have problems with your blood-sugar handling. From a lifetime of enjoying refined



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sugar in the diet, we have become pre-diabetic. This is very important! When there are blood sugar-handling problems, the body's digestion cannot supply the brain with steady blood glucose, the name of the sugar we use in our bodies for energy. If you experience low blood sugar or hypoglycemic symptoms, they will mostly occur before meals. Symptoms of high blood sugar or insulin resistance mostly occur after meals. A sign of insulin resistance is weight gain around the waist. Insulin resistance leads to excessive amounts of blood sugar (glucose), which causes damage to the vessels (and joints) and hence plaque which decreases blood flow = less nutrients to the cells downstream.

The only way out of sugar-handling problems is through changes in your diet. Eat good protein, fat and only those fruits that are not especially sweet; berries and green apples help keep your blood sugar steady. Eat absolutely NO refined sugar and no alcohol. This advice holds true for those of us already diagnosed with diabetes.

5. **Anemia** is a deal buster on brain improvement because it prevents the red blood cells from carrying oxygen anywhere in the body, including the brain. There are a number of causes, the most common being deficiencies in iron, B12 (both supplied by animal foods) and/or folic acid and other B vitamins (green leafy vegetables). Low stomach acid can cause anemia. Also anemia can be a sign of gluten intolerance, called celiac disease. Cook some chicken livers with onions and use a blender to make delicious liver pate. (See Laura Knoff's books.)
6. **Improve blood circulation.** Exercise to increase blood flow to every cell. Use a rebounder or a BEMER, hike in nature, practice yoga or qi gong. Drink more water. Joan found BEMER water (water electrically charged by applying the BEMER to filtered tap water) doubled her water consumption/day. Bodies want live water and use it more efficiently than tap water that has been devitalized while running in pipes and through treatment plants with toxic chemicals added. Our bodies use water for bio-electric communication among and within the cells, along acupuncture meridians and among chakras.
7. **Decrease your stress.** Poor blood sugar regulation and anemia are huge internal stresses. Also as a consequence of stress in childhood or anytime during our lives, there is perhaps already damage to our circadian rhythm, which will cause upset sleep cycles or insomnia. Meditate, take daily walks in nature and increase your blood circulation. At Joan's office you can buy an Apex product called AdrenaCalm, a cream you apply to the soles of your feet to deliver a biochemical we normally make plenty of, phosphatserine, which quiets the brain and allows you to sleep more soundly. Also because the BEMER delivers more nutrients to the cells, anxiety and stress are greatly



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reduced, enabling restful sleep.

8. **Stimulation** or activation of neurons will increase the plasticity of the brain and also stimulate neurogenesis, making new brain cells. In order to heal the brain and keep it healthy, try cognitive stimulation with mental games and by learning something new. Sing. Sudoku. Posit Science on the computer. Jigsaw puzzles, BananaGrams. Learn a new language, or a new musical instrument. Enjoyable activities encourage your brain to make more neurotransmitters, the biochemical messengers that enable neurons to communicate throughout the body.

Serotonin gives joy; Dopamine, pleasure; Acetylcholine keeps our memory alert; GABA lets us relax.



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Gluten-Free Diet Instructions

If you are sensitive to gluten you will need to avoid gluten in all of its forms. If you have celiac disease, a genetic sensitivity to gluten, you will need to avoid gluten at all times in order to stay healthy. Dietary avoidance of gluten is the only current cure for celiac. Not everyone who is sensitive to gluten has celiac, but many people have hidden or undiagnosed celiac and benefit greatly from maintaining a gluten-free diet.

How long will I need to be on this diet?

The rate of healing is different for each person. If the problem is that you have difficulty digesting gluten, time is needed to allow your digestive system to repair itself. It generally takes at least 1 week and often 1 month for a person to begin to feel better while following these diet recommendations to the letter. Complete healing may take months or even years. Cravings for the (often) favorite offending foods are intense for the first week. If there is even occasional consumption of foods on the avoid list before inflammation is reduced, the cravings will continue and sometimes can last for months. After you have totally eliminated the irritating foods, your body will begin to adjust and heal.

What is gluten?

Gluten is one of the proteins in wheat, rye, barley, spelt, kamut, triticale, and oats (due to contamination). Gluten is very difficult to digest and, in people with celiac disease (possibly 30% of the population), gluten can severely damage the small intestine.

Gluten is what makes wheat bread rise. It is sticky and glue like (hence its name).

The foods that contain gluten are: wheat, rye, barley, spelt, kamut, triticale, wheat grass juice, barley grass juice, and oats (due to contamination with wheat, rye or barley) flour, bread, noodles or pasta made from any of these, sprouts made from any of these, couscous, wheat germ, vinegar. On labels the terms for gluten-containing substances are: bran (unless it is rice or corn bran), breaded; barley malt, bulgur, cracker crumbs, durum, enriched flour, farina, flour, graham flour, malt, oat bran, semolina, starch, thickener. When a label says "wheat free" or "low gluten" it is not gluten-free. In households where gluten-containing foods are prepared or eaten you may need to have separate toasters, cutting boards and butter.

What about gliadin?

Some people are only sensitive to a portion of the gluten molecule known as gliadin. Grains that contain gluten, but do not contain gliadin are buckwheat, millet, teff, amaranth, quinoa, and job's tears. Some people may tolerate these, but some may not. Carefully observe symptoms when these are consumed to see how you react.

To reduce inflammation it is important to avoid foods that are indigestible and irritating. Inflammation is now considered to be the source of all chronic diseases including heart disease, diabetes, osteoporosis, Alzheimer's, Parkinson's, cancer and many others.



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What can I eat?

Grains that do not contain gluten: organic com products- com bran, com pasta, com starch, hominy grits, masa, polenta, corn grits, com meal; rice products- basmati rice, brown rice, rice bran, rice flour, rice pasta, rice polish, wild rice.

To maintain proper acid/alkaline balance make sure to have 3 to 4 times as many vegetables as meat, eggs, fish, or dairy. This ratio will also help prevent constipation.

Vegetables: Arugula, asparagus, avocado, basil, beets and their greens, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, carrots, celery, chard, cilantro, collard greens, cucumbers, dandelion greens, eggplant, fennel, garlic, ginger, green beans, kale (all kinds), lettuce (all kinds) lima beans, mushrooms, mustard greens, nettles, okra, onions, parsley, peas, peppers (all kinds), pumpkin, radish, rapine, shallots, scallions, snow peas, spinach, squash (all kinds), string beans, tomato, watercress.

Fresh fruits apple, apricot, avocado, blackberries, blueberries, cantaloupe, cherries, figs (fresh preferably), grapefruit, grapes, kiwi, lemon, lime, nectarine, orange, peach, pears, plums, raspberries, rose hips, watermelon.

Dried fruit are often dusted with flour and are not allowed.

Organic meats: including organ meats and poultry, eggs, cold-water ocean fish, fresh or frozen only, organic (and preferably raw to improve digestibility) cow, sheep and goat dairy.

Legumes: Lentils, dried beans, split peas. Soak overnight and slow cook.

Nuts and seeds: nut butters and tahini are allowed. Read the labels to avoid added sweeteners.

Oils and fats: coconut and its oil, extra virgin olive oil, unrefined sesame oil, palm oil (Avoid all hydrogenated oils as they are causes of inflammation.) Flax oil or cod liver oil are rich in omega 3 fatty acids and can reduce inflammation.

Be careful of reusing fats that have had gluten-containing foods cooked in them, especially at restaurants. This is often a source of hidden gluten consumption.

Apple cider vinegar is ok, but white vinegar may contain gluten. When labels are not specific white vinegar is used.

In general avoid all hydrogenated and partially hydrogenated oils and refined sugar, as they are causes of inflammation.

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RESOURCES for Brain Health

General Health Advice, individualized healthcare

LABRYS HEALTH CARE CIRCLE

1. Joan Margaret, D.C.; (510) 658-9066
2. Laura Knoff, B.Sc., Nutrition Consultant, (510) 658-8967
3. Janis Irvin, (510) 289-7110

Read our bios and more at www.labryshealthcarecircle.com

BEMER

To rent or buy, go either to bemeramerica.com/labryshealthcarecircle (Joan), or bemeramerica.com/nourishinghealth (Janis). BEMER increases blood flow, immunity.

BOOKS

1. VEGGIEWOMAN'S GUIDE TO HEALTH, The Whole Food Guide to Overcoming IBS, by Laura Knoff
2. VEGGIEWOMAN'S GUIDE TO HEALTH, Gluten-Free, Dairy-Free, Sugar-Free Eating by Laura Knoff
3. USED BOOKS – www.powells.com and www.alibris.com

BRAIN GAMES

aarp.org/games

Bananagrams - tiles

fitbrains.com

Set – visual perception, cards

lumosity.com/brain-games

positscience.com/braingames

BUSINESS

SAVVY BOOKKEEPING – Ann Valliant, annv@b-sb.com. She is an OLOC member who knows all about the above brain games and more.

EMF SAFETY PRODUCTS

1. EARTHCALM – earthcalm.com
2. QLINK – clarus.com, ihealthproducts.com

NUTRITION/COOKING STRATEGIES

1. COCONUT OIL – tropicaltraditions.com
2. FISH OILS: GREEN PASTURES – www.greenpasture.org (402) 858-4818. Order the Blue Ice High-Vitamin Fermented Cod Liver Oil
3. SEAWEED: Locally gathered – Berkeley Farmers Market, from Andrew on Tuesday; Most health food stores or Asian markets
4. THREE STONE HEARTH – Foods in the Weston A. Price tradition that you order on line and pick up weekly at the Berkeley kitchen. www.threestonehearth.com



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5. **WATER PURIFICATION** – multipureco.com
6. **WESTON A. PRICE FOUNDATION** – westonaprice.org – dedicated to restoring nutrient-dense foods to the human diet.

What is stress?

Type of Stress	Examples
Physical	Lack of sleep, excess exercise, chemicals, drugs, alcohol, junk food, accidents
Environmental	Pollution, noise, extremes of temperature, electromagnetic fields
Biological	Illness, pain, infections, hormone changes, oxidation
Sociological	Marriage, moving, work, daily hassles, caring for an ill loved one, loss, divorce, death of loved one
Psychological	Anger, fear, anxiety, frustration, negative thoughts, time constraints

How does stress harm us?

Short term	Long term
Increased heart rate and blood pressure	Increased risk of heart attack and stroke, cardiovascular disease
Increased blood sugar	Increased risk of type 2 diabetes
Reduced blood flow to digestion	Decreased digestion and absorption of nutrients, heartburn, constipation
Reduced immune function	Increased infections, allergies and risk of cancer
Reduced thyroid hormone	Decreased metabolism, weight gain, depression, constipation, hair loss
Reduced reproductive hormone production	Decreased fertility, impotence, PMS, menopausal symptoms

How to reduce stress:

Lifestyle factors

Relaxation techniques:

Deep breathing
 Meditation
 Biofeedback
 Yoga
 Qigong
 Tai chi

Exercise: aerobic and/or anaerobic,
 30-40 minutes to discharge stored stress.

Goal setting
 Time management
 Assertiveness training
 Therapy

What to eat: Seasonal, Organic, Unrefined, Local (SOUL foods)

Proteins – organic, un-processed, pasture raised meats, eggs, dairy

Quality fats – as provided by nuts, seeds, ocean fish, organic meats

Fiber rich foods – whole grains, vegetables, seeds, nuts, beans

Eating 4 Health



A Rejuvenating Food System
 © by Edward Bauman, Ph.D.



Organic, Seasonal, Nutrient-rich, and Individualized

What to avoid/limit	Replace with
Sugar, artificial sweeteners	Fruit, stevia, honey
White bread, white rice, pasta	Whole grains, vegetables
Alcohol	Sparkling water with lemon or lime
Hydrogenated fats, fried foods, processed cheeses	Organic natural fats: nuts, seeds, coconut, olive oil, butter, raw cheeses

References:

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 Murray, M., Pizzorno, J. 1998. *Encyclopedia of Natural Medicine*. Rocklin CA: Prima Publishing.
 Selye H., 1976. *The Stress of Life*. 2nd ed. New York: McGraw-Hill Book Co.



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The Grown-Up Brain, the secret life of

by Barbara Strauch; book quotes/review mixed in with notes by Dr. Joan Margaret

p. 47 What is Wisdom? Some call it mental magic. In middle and old age something happens that didn't use to: When faced with what would appear from the outside to be a challenging problem, grinding mental computation is circumvented. Solution comes effortlessly, seemingly by itself. We gain easy insight.

Mental magic is the trade off in brain development for our short-term memory problems of forgetting names of things or why we just came into the room. If an old brain is presented new information, it might take longer to assimilate it and use it well. But when faced with information that relates to what is already known, the middle-aged brain works quicker and smarter, discerning patterns and jumping to a logical endpoint.

p. 134 Contrary to old beliefs we DO make new brain cells, called neurons, – which are stem cells, the very earliest and most versatile of cells. The brain makes them primarily in a tiny area of the hippocampus called the dentate gyrus. *(These new neurons are part of our strategies to brain health, additional to plasticity of whole areas of the brain that enable us to retrain mature neurons to new tasks. See the Eight Strategies, JM.)*

“In a research lab on the computer screen, one squiggle of magenta was the enlarged picture of a mouse hippocampus. On top of that was a sliver of dark blue, the dentate gyrus. Extending out of that were dozens of branches, which are mature neurons. And scattered among those branches were tiny bright-green dots, the baby neurons.”

The process of making brand new neurons, called neurogenesis, is stimulated by focusing on a specific goal, which produces theta waves and the neurotransmitter serotonin (*joy, JM*). New neurons are also generated by meditation, exercise and anything that increases heart rate and blood flow. This is how playing games promotes neurogenesis: the intense focus and the emotions during a challenge directly stimulate the dentate gyrus to make new cells, so we can better coordinate thoughts. *(For example, this is how the BEMER by increasing blood flow, generates new brain cells, JM.)*

The dentate gyrus is the gatekeeper for the hippocampus in that it filters sensory input; it breaks sensations into smaller pieces – a leaf a bit greener, tea slightly hotter. It is a pattern separator. Brain cells in the dentate gyrus take note of similarities and differences, and then pass them on to the hippocampus.

New neurons have the job of tying disparate information together and place that information in a specific time frame, helping us make associations. For example, a Beach Boys song and salt smell will forever be tied together in time and place and stored in the cortex. The more neurogenesis you have, the more you link together things that are different into a pattern that will hang together in your brain. Neurogenesis helps us generalize experiences and rationalize them.



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p. 149 While at rest the brain uses 10% of the body's oxygen; in mental activity, it uses up to 50%, leaving it sensitive to and in greater need of nutrients.

Anti-oxidants and Inflammation

When our cells, including brain cells, burn oxygen to make energy, they produce free radicals. A free radical is a molecule that is missing an electron. Because it lacks that electron, it is unstable and wants to steal electrons from other cells. It grabs those electrons where it can, causing damage to other cells in the vicinity. That damage is called oxidative stress and many believe it is a main culprit in normal aging. So eliminating as many free radicals as possible is a good idea. A young body efficiently neutralizes free radicals with another molecule, called an antioxidant, in a continual repair program.

As we age, that repair process becomes less efficient and the antioxidants can't keep up with the hordes of free radicals. Free radicals are also produced by exposure to environmental insults such as air and water pollution, pesticides on fruit and vegetables, nitrates in drinking water from the agricultural fertilizers, ultraviolet light and x-rays.

Within the last few years, another aging mechanism was identified: inflammation. There is inflammation when the body is injured and white blood cells rush to the site to do repairs. With the incoming surge there can be collateral damage, like a fire truck running over the flower bed in its rush to park near the burning house, harming the surrounding healthy cells. In a state of chronic low-level inflammation, as for instance from daily consumption of refined carbohydrates, there will be a buildup of damage. That damage is common in the arteries, requiring the body to use plaque to repair that damage.

With these evil twins of brain aging, oxidative stress and inflammation, the question becomes what can we do to slow the process, halt or even reverse it? (YES! JM)

Liver paté

- 1 lb. liver, organic or free range chicken or duck preferably
- 1 large organic onion, diced
- 2Tbsp. organic butter for sautéing
- 2 tsp. thyme
- 1 tsp. marjoram
- 1 tsp. oregano
- 2 tsp. sage
- 2 tsp. dulse flakes
- 1/4 tsp. fresh ground pepper (optional)
- 2 tsp. Miso paste (brown)
- 2 Tbsp. raw organic butter, or ghee, for blending

Melt butter in large skillet. With medium heat sauté diced onion until translucent. Add liver and lightly sauté until barely done, approx. 5-10 minutes. While the liver is cooking add the spices. Add water if the onions start to burn. When the liver is cooked (no red juice comes out of it but pink inside is ok) set the pan aside to cool. When the liver and onions have cooled somewhat, put them into a food processor or blender along with the miso and 1-2 Tbsp more butter and blend until smooth. Serve on thin crisp crackers while still warm or chill and allow it to set before serving.

Try it on celery or carrot sticks or lettuce leaf or rye crisp crackers with spicy mustard.

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Energy Smoothie - makes one serving ~2cups

Good anytime but especially early in the day. To prevent pesticide exposure, use all organic ingredients.

Blend or mix together:

- 2 Tbs. ground flax seeds OR 2 tsp. Barlean's flax seed oil
- 1/2 cup unsweetened coconut milk OR 1/2 cup plain goat yogurt and 1/2 cup water
- 1 serving protein powder (use whey or rice -not soy)
- Fruit: 1 ripe banana OR 1/2 cup any fresh seasonal fruit such as strawberries, blackberries, blueberries, peach, nectarine, plum, mango, or kiwi.
- 1 tsp. to 1 Tbs. Green Magic OR spirulina OR chlorella powder
- 1 tsp. nutritional yeast for energy
- 1 tsp. granular lecithin for good blood cholesterol and blood sugar
- 1/16 - 1/4 tsp. stevia green leaf powder to sweeten to taste

Pour into a tall glass, sip slowly and ENJOY.

Note: Flax SEEDS will thicken the smoothie so you may want to eat it with a spoon.

1 Serving ~2 cups = 511 Calories, 31 g protein, 50.7g carbohydrate, 23.7g fat, 9 g fiber
% of calories = protein 22%, carbohydrate 37.5%, fat 39.5%. Calculated on Diet Balancer.

- **Flax seeds** soothe the digestive tract and contain 57% omega 3 fatty acids which are needed for the body to produce anti-inflammatory prostaglandins. They also contain lignans which help the liver detoxify excess estrogen. Flax benefits the cardiovascular and immune systems, and helps to alleviate rheumatoid arthritis. It also has anti-microbial properties. Keep flax oil in the freezer to preserve freshness and prevent oxidation.
- **Coconut milk** contains medium chain fatty acids such as lauric acid that are not stored, but can provide energy on the cellular level. Lauric acid is found in mother's milk and is an anti-viral, anti-fungal and anti-microbial fat. It helps strengthen the immune system. The saturated fat in coconut has been falsely accused of raising cholesterol primarily by the soy oil producers.
- **Stevia** is a South American herb that is 50-100 times sweeter than sugar. Since so little is used it adds virtually no calories. It does not increase blood sugar so it is safe for diabetics. Stevia is an anti fungal herb, it can be used by those who have candida overgrowth. The taste (and nutritional quality) of the powdered green leaf is preferred over the extract. The extract (a clear liquid or white powder) may have a bitter after taste to some.

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BENEFITS OF BRAIN TRAINING

by Ann Valliant

1. **Better Memory:** Brain fitness training is clinically proven to help people remember more.
2. **Getting Thing Done:** Brain training software sharpens visual processing, thus helping people get things done more quickly and safely. Brain training helps people be more focused and alert so they can spot things faster and react more quickly.
3. **Safer Driving:** Brain fitness training is clinically proven to speed up reaction time behind the wheel, so that when a danger comes your way you can stop in time. Studies show it cuts crash risk by 50% and improves confidence behind the wheel, even in difficult conditions.
4. **Self-Confidence:** Imagine pairing your self-assurance in your skills and wisdom with the confidence a faster, sharper brain can bring. Brain fitness training speeds up and sharpens the brain, which makes people feel more self-confident in their daily lives and inspires them to seek new experiences.
5. **Trying New Things:** With age, many of us tend to get more hesitant about doing things outside our comfort zones. It can be all too easy to find reasons not to try something new. But new experiences are part of what makes life such an interesting adventure. By speeding up and sharpening the brain, people can be more engaged and on-the-ball. The feeling that they can handle anything that comes their way has inspired many to get out there and do something different.
6. **Quicker Reactions:** How quickly you can react to something depends on how quickly your brain registers it. The faster it sees a cat darting into the street, the faster you can step on the brakes. The quicker you spot a toy on the stairs, the more time it has to prevent you from tripping. Brain fitness software that speeds up visual processing can increase your response time dramatically.
7. **Sharper Listening:** You may not be aware that sharp listening depends as much on the brain as on the ears. After age 30, the brain's auditory processing gradually slows down, making it harder to understand speech, especially when someone is speaking quickly or in a noisy environment. Brain training that uses your auditory response can speed up auditory processing so you can hear more clearly in any situation.
8. **Finding Words:** Brain training speeds up and sharpens the brain, helping you retrieve words more quickly—so you no longer have to say “what’s that word again?”
9. **Sharper Vision:** Brain training speeds up visual processing and expands your “useful field of view” so you can take in more with each glance. The result: you’ll



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see more than ever before in every task.

10. **Faster Thinking:** The up side: With each passing year, our wisdom grows. The down side: With each passing year, our brains tend to slow down a little. Brain training speeds up the brain. Brain fitness programs can help older people achieve brain speeds that match that of the average 30 year old.
11. **Good Mood:** People who do brain training usually experience better mood. By boosting confidence, improving communication, and fostering well-being, brain training can play an important role in helping people feel good. Also, the brain “likes” exercise, just like our muscles do.

WEBSITES WITH FREE BRAIN GAMES LISTED ON RESOURCE PAGE (membership is not required to play)



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Give my Brain Back

by the Tribads (to the tune of Dona Dona by Sholem Secunda, with first verse by Gary Ehrlich)

Late at night I dream of donuts
Stomach growls aa – nd my lips smack
Searching through the fridge and pantry
Finding me a midnight snack.

I can't live without them
I'd walk a dozen miles
I may have a heart attack but
I'll go with a smile.

Chorus

Donuts, dona, do-nuts, dona;	Do-na, donuts, dough
Donuts, dona, do-nuts, dona;	Do-na, donuts, dough.

Now at OLOC I – hear Joan Margaret
Tell me how to improve my brain
She says stimulants, wheat and dairy
Caffeine, sugar my brain inflame.

Because I want some joy in life
My memory to improve
I will change my diet choices
Slip in to a healthy groove.

Chorus

Say no-no to donuts;	Say no-no to do—nuts now
Say no-no to donuts;	Say no-no to do—nuts now.

Steady glucose, steady oxygen
Both improve with good blood flow
I improve them upon the BEMER mat
Makes my brain all ready to go.

Reduce stress with daily walks
Do not succumb to sweets
Eat seaweeds and coconut oil



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My brain will thank me for sleep.

Chorus

Thank you, thank you, thank you, thank you; Tha – ank you for sleep

Thank you, thank you, thank you; thank you; Tha – ank you for sleep

Depression drugs deplete my nutrients
Want to be ha-ppy and full of joy
My poor brain needs stimulation
I know brain games are my best toys.

Safer driving . keeps me . out of court
Sharper vi-sion in each glance
Faster thinking encourages finding
Words for Lesbian romance.

Chorus

Happy, happy, happy, full of joy; happy, happy, full of joy

Happy, happy, happy, full of joy; happy, happy, FULL OF JOY!