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## Strategies to Grow a Healthy Brain

### Nutrient and Food Tips

#### **To preserve the good fat in eggs:**

- Prepare them by soft boiling, hard boiling, poaching or scrambling
- No frying! Frying will destroy the good fat.

#### **For salad dressings and non-heat oil applications:**

- Use a 50/50 blend of a high omega-3 oil, such as hemp seed oil, with olive oil.
  - Hemp seed oil has the correct ratio of omega-6 to omega-3.
- Use a pre-blended oil, such as Udo's Oil Blend.
  - Udo's oil has the correct ratio of omega-9's, to omega-6's, to omega-3's.
- But, do not heat these oil blends!
  - All omega-3 and omega-6 oils, as well as the omega-9 olive oil, are delicate oils that should not be heated. These oils are fragile and vulnerable to oxidative damage, a process that creates free radicals in the body

#### **For cooking (heat applications):**

- Use clarified or ghee butter
  - Clarifying removes the milk solids which burn during high heat cooking.
  - Butter is a saturated short chain fatty acid that has anti-bacterial and anti-viral properties.
- Use a high quality coconut oil
  - Coconut oil is a medium chain fatty acid.
  - It is an easily digested source of energy as it does not require bile acids for digestion.
  - It also has anti-bacterial and anti-viral properties, so can also be used directly on the skin for rashes and such.
- Do not cook with olive oil!
  - It is a delicate oil that is vulnerable to oxidative damage when heated.

#### **To provide a good daily source of essential fatty acids, combine:**

- One measure of each of raw sesame, sunflower and pumpkin seeds and three measures of flaxseeds and place into a sealed jar
- Store in the fridge
- Add one heaping tablespoon of these seeds freshly ground (in a coffee grinder) to host cereal or a smoothie each morning. You can also spread the ground mixture on soups or salads.