
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 gently scrambling (please see gently scrambled eggs).
- Be careful not to burn the eggs if frying (make sure there are no crispy edges and a runny yolk). If you are not careful frying can 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.