

The Ins & Outs: What to **Include** and **Exclude**

Learn More 



Eat Liberally

- Eat plenty of fruits and vegetables, divided fairly evenly between leafy greens, colored, and sulfur-containing (see produce charts)
- Incorporate bone broth into your diet regularly
- Eat and cook with plenty of high-quality fats (see Guide to Fats)
- Include adequate complete proteins (one to three fists, mostly from fish and animals)
- Stay adequately hydrated (minimum water intake in oz = weight in lbs x 0.6)

Supply Nutrients for Synaptogenesis

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- Choline: Egg yolk, organ meats, broccoli, cauliflower
 - Supplement with citicoline
- DHA: Cold water fatty fish and/or algae
 - Supplement with high-DHA fish or algae oil
- Uridine: Beets, mushrooms, organ meats
 - Supplement with uridine monophosphate



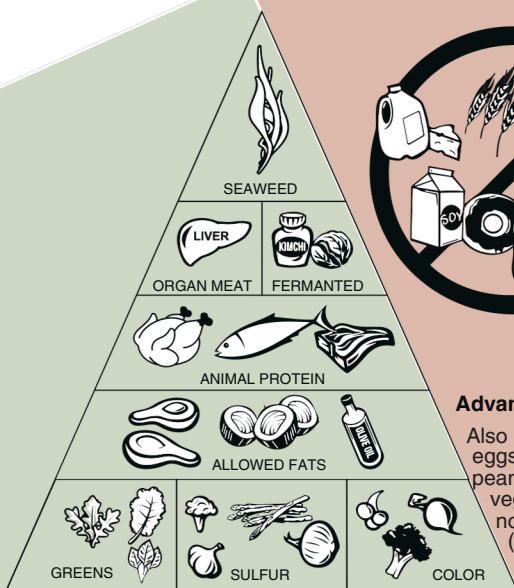
Reduce (or Remove)

- Processed foods, fast foods, and soda
- Refined sugar (like white and brown sugar)
- Corn* syrup (and high-fructose corn syrup)
- Milk and all milk products
- All vegetable oils like canola*, soybean*, corn*, and grapeseed (see Guide to Fats)
- Non-organic soy*, soy milk, or rice milk
- Grains (corn* is a grain)
- Starchy vegetables and high glycemic fruits
- Squeezed juice (celery is OK)

**Over 90% of US corn, soy, and canola is genetically modified*

Remove Entirely (for at least 60 days) Read all labels on food packaging

- Artificial sweeteners, and MSG.
- Milk and all milk products
- Wheat & gluten (often found in yeast, rye, oats, and barley)
- All artificial trans fat (including hydrogenated or partially hydrogenated oil)



Moderate Restrictions

Remove gluten, soy, corn syrup, artificial sweeteners, MSG, processed food, fast food, and soda.



Advanced Restrictions

Also remove all grains, eggs, legumes (beans), peanuts, higher carb fruits and vegetables, and fruits that are not on the colored chart (like apples, bananas, and pears)

Supply Superfoods

- Organ meats: from food or supplement with organ meat capsules.
- Fermented foods: from food or supplement with probiotics
- Sea vegetables: from food or alternate between kelp supplements and dulse supplements.
- Cold water fatty fish: Favour smaller "SMASH" fish (Salmon, Mackerel, Anchovies, Sardines, Herring) and/or supplement with High-DHA Omega 3's. (feedabrain.com/omega)

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