

## The 2024 Daybreak Summer Nutrition Seminar Series

### Lesson 11- Diet and Mental Health- Feeding the Brain!

#### Part 1- The Rules of the Course/Review Last Week's Lesson

- 1) I am the all-knowing nutrition wizard-guru-ninja, I'm always right (Eye roll).
- 2) "The goal is to keep the goal the goal".... So, what's yours?
- 3) YOU are in charge of your health. Do NOT outsource it to someone else.
- 4) Understand the principles and make them fit into YOUR life.
- 5) Have fun!

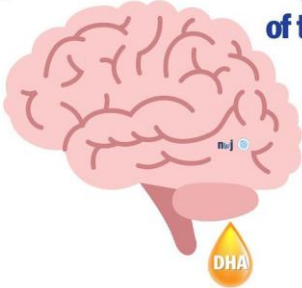
#### Part 2- What Is Good for the Body....

## BRAIN FACTS

**The brain has the highest level of cholesterol than any other organ in the body.** nutrition@tjudy

Good (animal) **dietary fats** are **essential** for brain health.

The **brain** is only 2% of the body's weight, but contains over **20% of the body's cholesterol.**

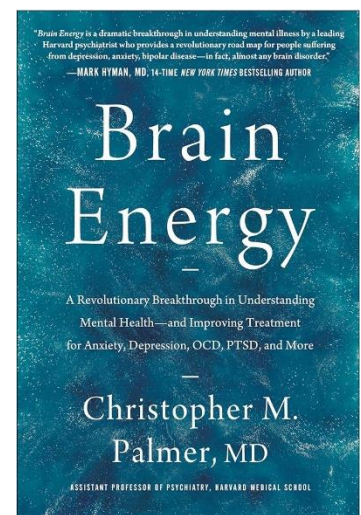
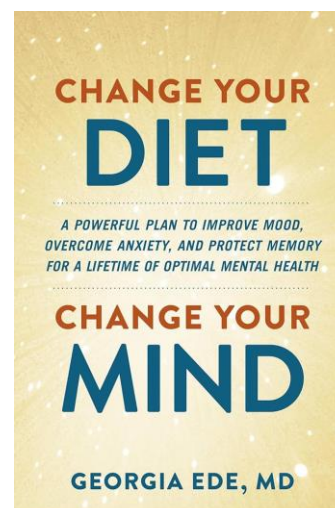
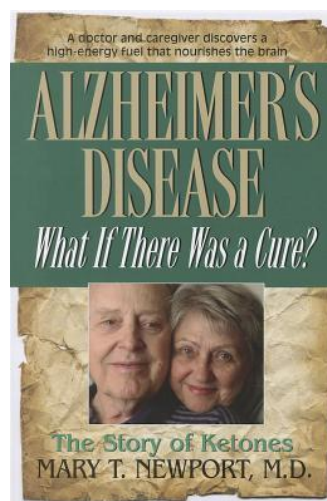


**60%**  
of the brain is fat

**DHA** comprises over **90%** of the brain's n-3 PUFAs and 10%-20% of its total lipids.

**Cholesterol in the brain is essential** for neurotransmitters, such as **dopamine** and **serotonin**. It makes up the majority of the white fatty sheath myelin, a protective coating on neurons to **increase the brain's processing speed and signaling.**

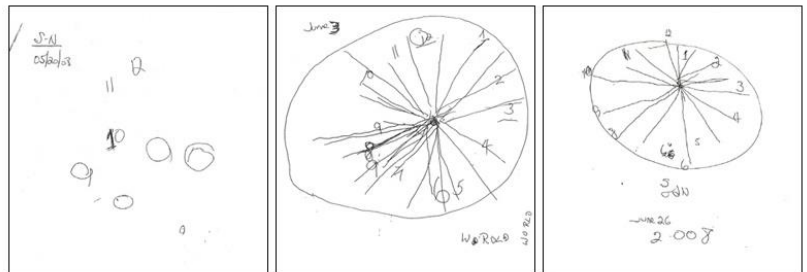
#### Part 3- Metabolic Psychiatry- The Science



## Part 4- Type 3 Diabetes



## Part 5- Brain Fog is NOT NORMAL!!



**Clock #1**  
The day before starting  
coconut oil.

**Clock #2**  
Two weeks after starting  
coconut oil.

**Clock #3**  
Thirty-seven days after  
starting coconut oil.

## Homework- Eat For Brain Health!

### Resources-

Boundless Body Radio- SPECIAL EPISODE- Dr. Nick Norwitz Interviews Dr. Chris Palmer and Brett Lloyd!  
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<https://www.buzzsprout.com/1244183/8653590>

Boundless Body Radio- Change Your Diet, Change Your Mind with Dr. Georgia Ede! 584

<https://www.buzzsprout.com/1244183/14288474>

Boundless Body Radio- Clearly Keto with Mary Newport! 376

<https://www.buzzsprout.com/1244183/11560540>

Boundless Body Radio- Brain Fog is NOT NORMAL with Returning Guest Nicole Laurent! 343

<https://www.buzzsprout.com/1244183/11150808>

Boundless Body Radio- Reversing Bipolar on a Carnivore Diet with My Dear Friend Robyn Dobbins! 469

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