

**POWER NUTRITION TO  
IMPROVE BRAIN PERFORMANCE**

**Patti T Milligan PhD RD CNS  
Regenerative Nutritionist**

# BRAIN IS MOST COMPLEX ORGAN

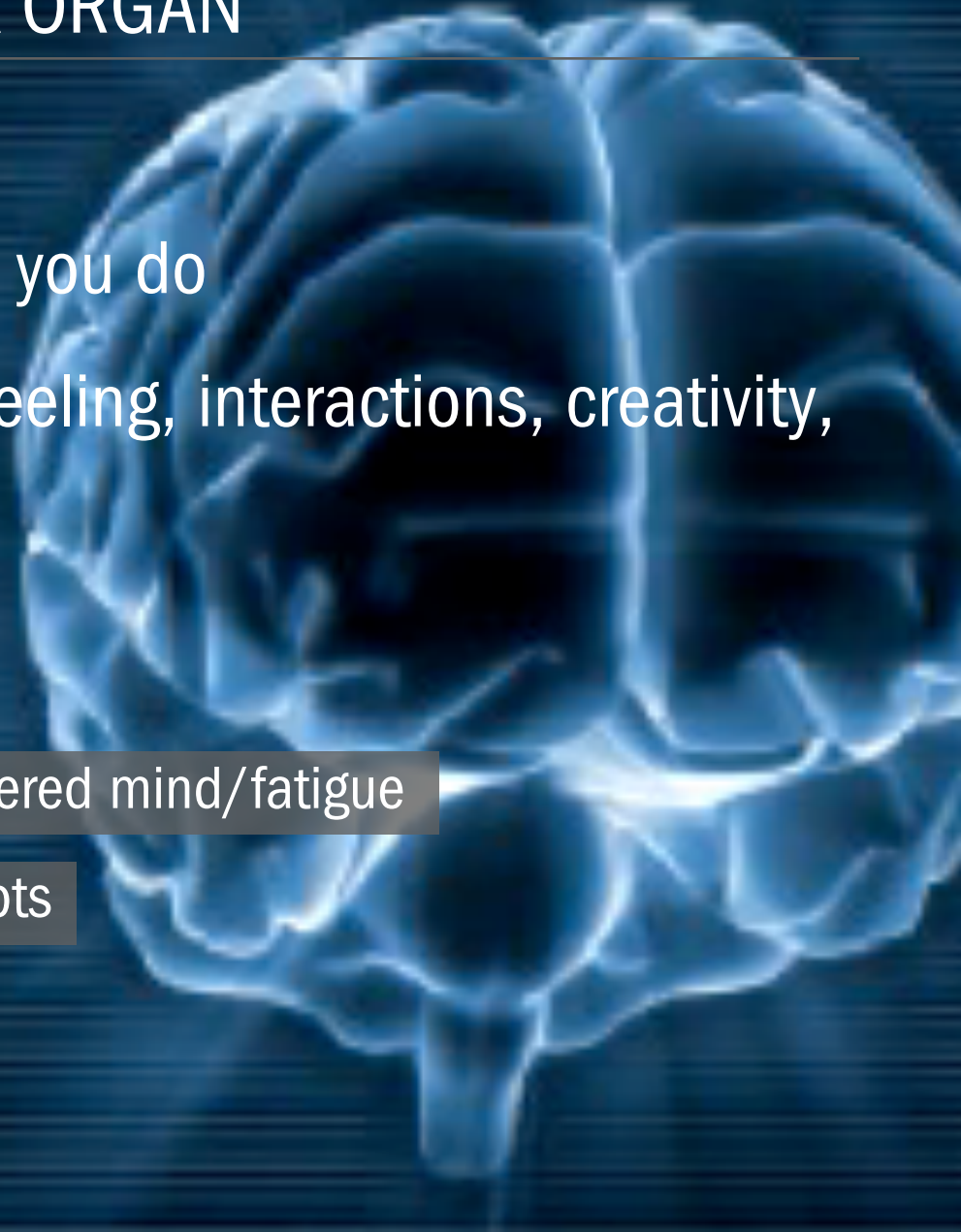
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\_Involved in everything that you do

\_Influences your thinking, feeling, interactions, creativity,  
focus, energy

\_brain fog/memory deficits//cluttered mind/fatigue

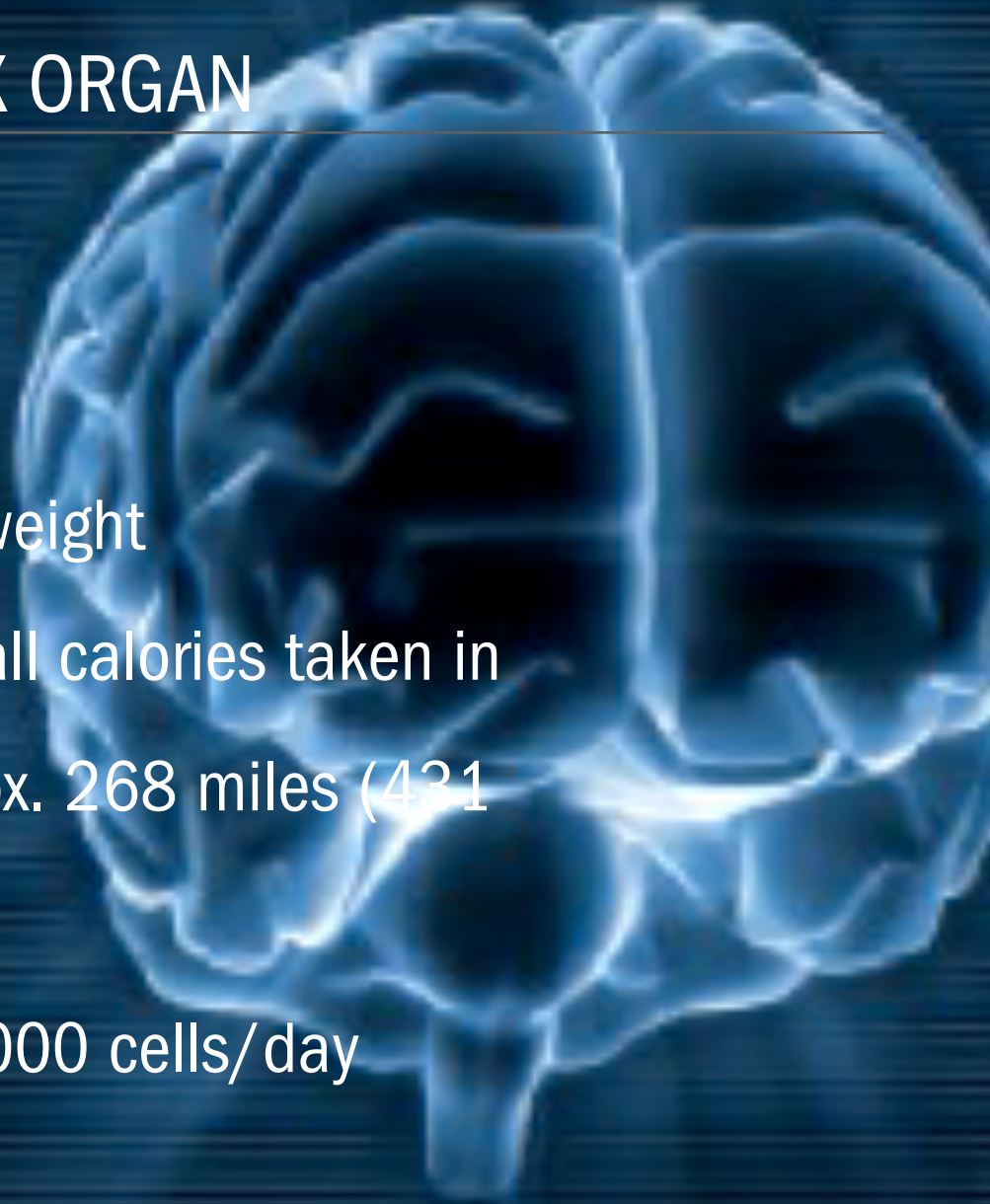
\_key events // travel // client appts



# BRAIN IS MOST COMPLEX ORGAN

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- \_100 billion nerve cells
- \_Represents 2% of body weight
- \_Metabolizes 20-30% of all calories taken in
- \_Information travels approx. 268 miles (431 km)/hr
- \_Loses an average of 85,000 cells/day



- \_Thrives on efficiency
  - \_Loves patterns
  - \_Demands consistency
  - \_Needs a WHY
  - \_Extremely selfish
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76

percent of employees felt they could

be more mentally alert and focused

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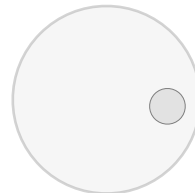
**AWARENESS**

# CLEAR AND UNCLUTTERED MIND

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What level do you feel YOUR best? Everyone is unique

Dial in your Optimal Performance State



# FOOD AND BRAIN RELATIONSHIP

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- \_No reserve to store energy
- \_Takes major direction from gut
- \_Brain involved in BOTH hunger regulation and pleasure/reward of food





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One of the top reasons for  
mental fatigue is your diet

# ENERGY AID

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**HYDRATION**

# HYDRATION STATS

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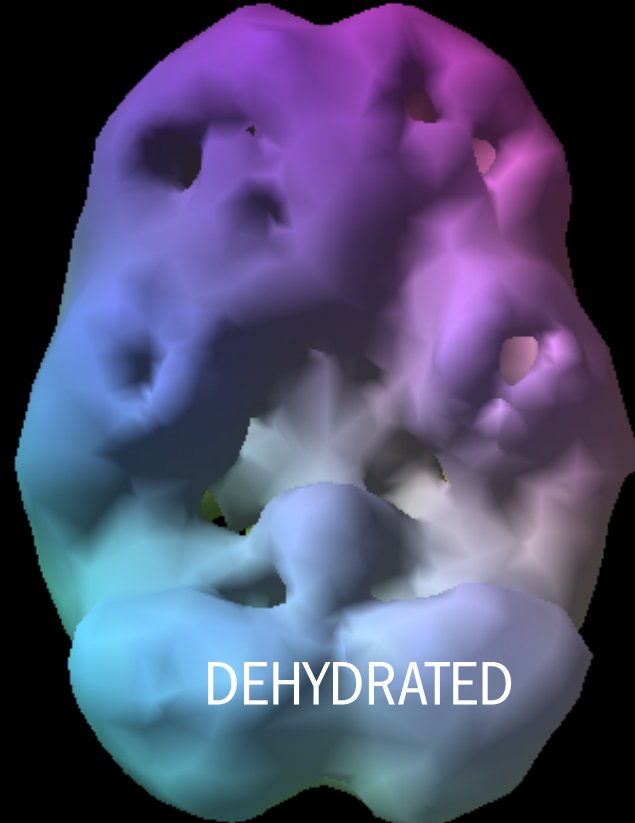
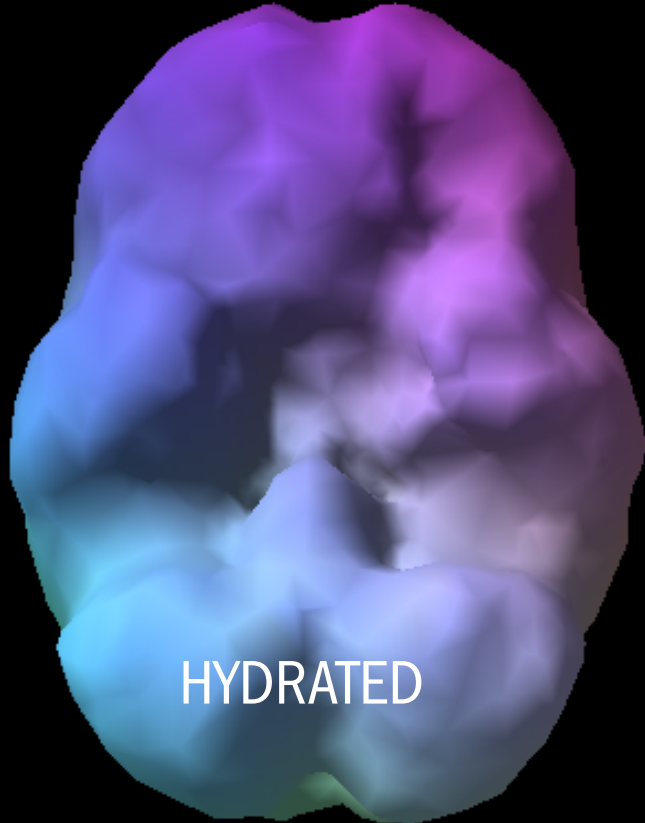
\_75% of people are dehydrated.

\_as little as a 2 % percent drop in bodyweight through dehydration can trigger mental fatigue and decreased concentration

\_the biochemical response to caffeine, alcohol, soda and high sugary foods alters water distribution in the body and quickly deplete the cells of water and alter brain and neurotransmitter function

# NUTRITION // HYDRATION'S EFFECT ON THE BRAIN

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# GREEN TEA

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# GINGER BENEFITS TO THE BRAIN

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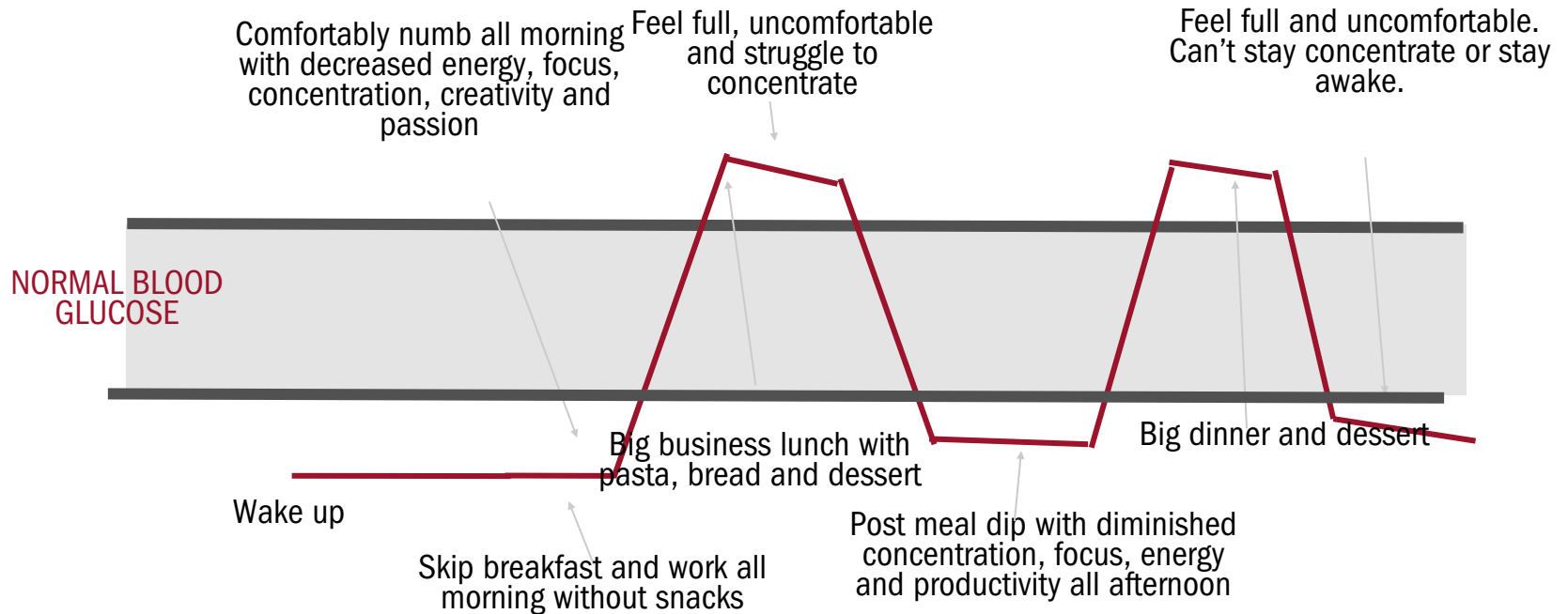
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Did you eat a breakfast to re-boot and energize your  
brain for the day?

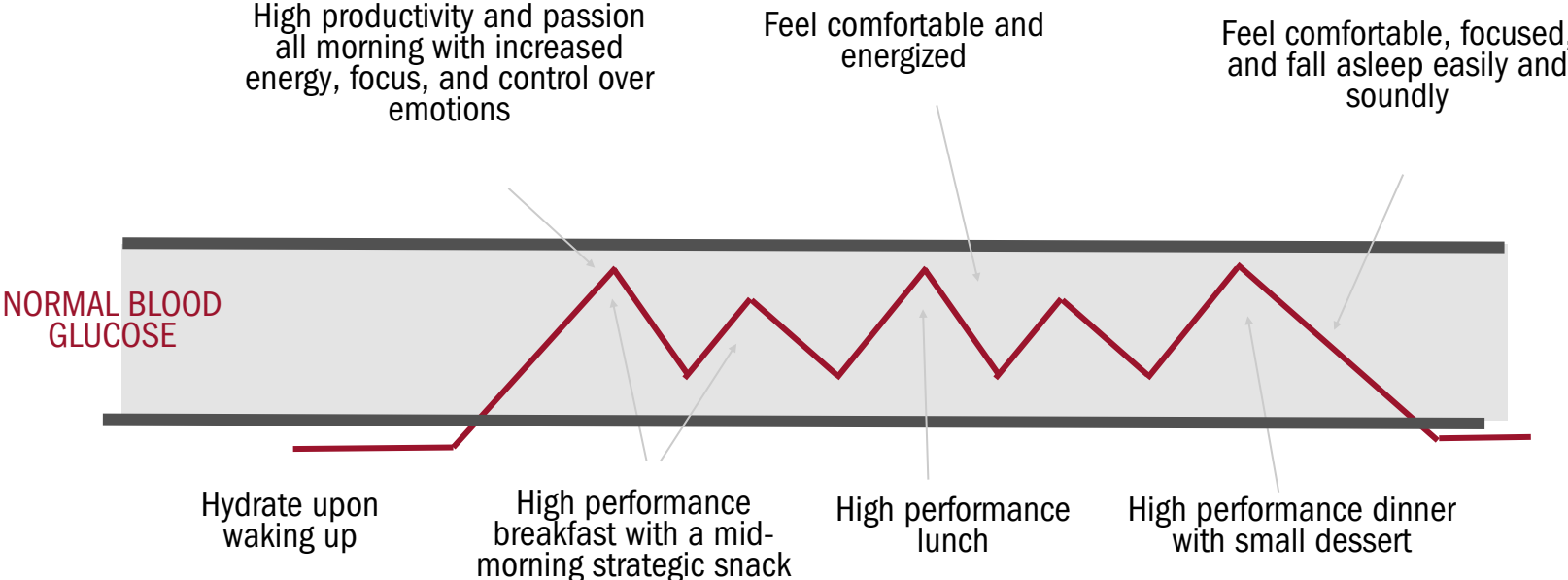


# BLOOD GLUCOSE LEVELS AFFECT BRAIN FUNCTION

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# BLOOD GLUCOSE LEVELS AFFECT BRAIN FUNCTION



# STEADY BLOOD GLUCOSE DISRUPTORS

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- \_ Eat refined carbohydrates (white flours, cakes, biscuits, sweets, hidden sugar in foods)
- \_ Skip meals
- \_ Consume OFTEN highly caffeinated (e.g. coffee, espresso, black tea soda) or highly sugary (juice, soda, alcohol) drinks

# NUTRITION // BRAIN FOODS

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# RETHINKING MIND-BODY CONNECTION

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## TWO BRAINS:

\_in the skull

\_in the gut/intestines

# BRAIN IN YOUR GUT

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- \_30 ft (9 meters) long tube of tissues, nerves, 9+organs
- \_Gatekeeper of the body-what allowed in/out
- \_Elaborate data processing center -functions as second brain
- \_Has it's own Nervous System (ENS)
- \_Gut bacteria (100 billion cells)-operates as a separate organ

TIGNUM // BRAIN ENHANCING FOODS



# FEED THE GUT

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SAUERKRAUT



BUTTERMILK



TRADITIONAL FERMENTED FOODS



YOGHURT



# GOOD DETOX FOODS

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GINGER



CRANBERRY



LEAFY GREENS



GREEN TEA





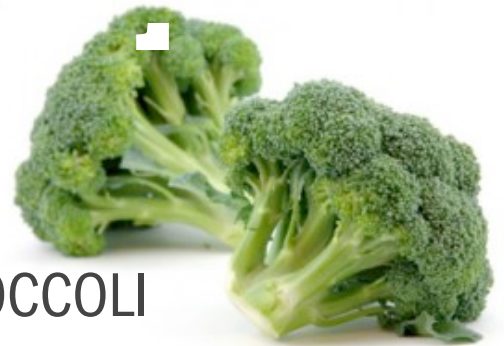
RED BELL PEPPER



SWEET POTATO



STRAWBERRY



BROCCOLI



TOMATO



CITRUS

# BRAIN SNACK OF CHOICE

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PECAN



CASHEW



HAZELNUT



ALMOND



WALNUT

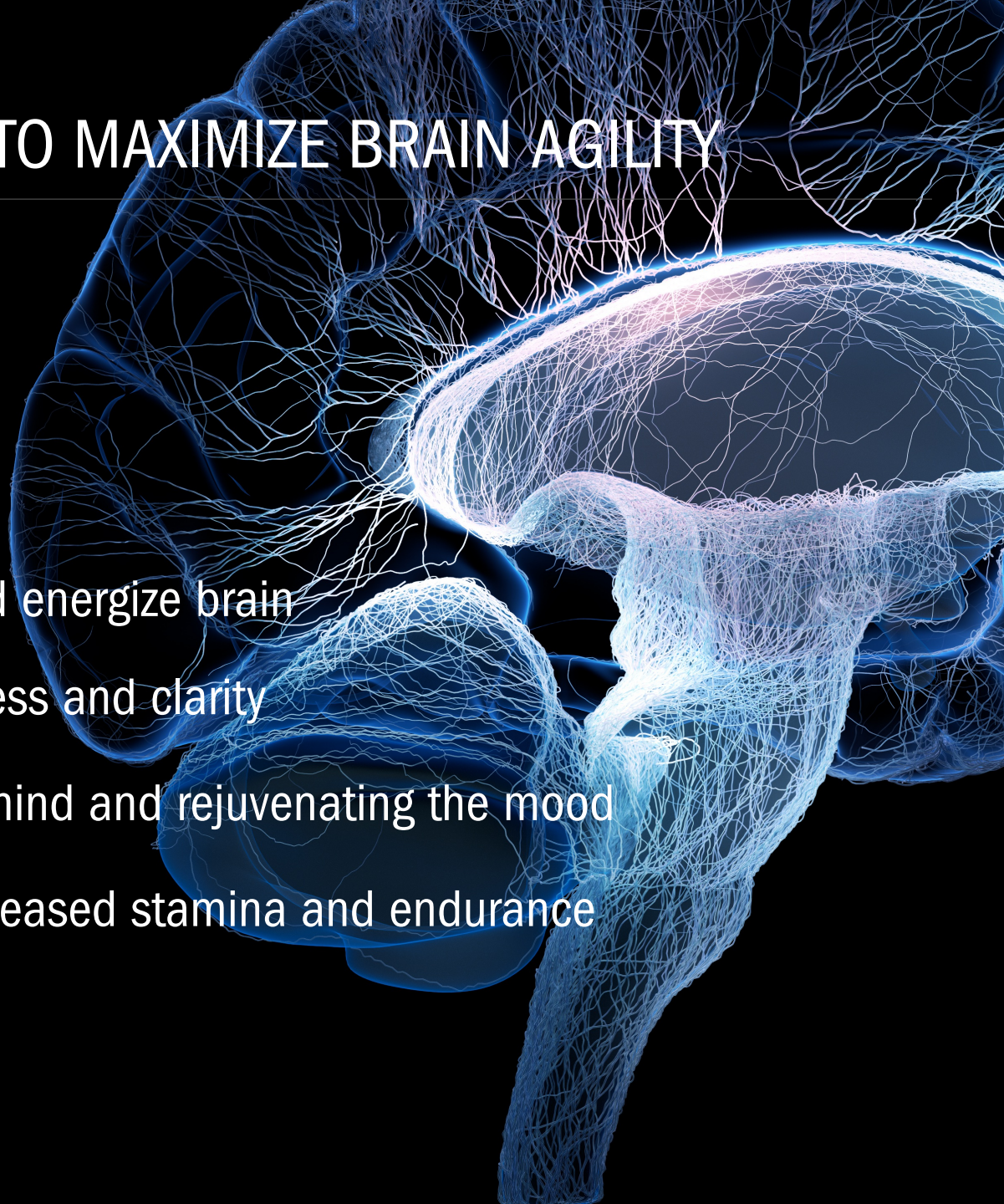





# NUTRITION // EAT TO MAXIMIZE BRAIN AGILITY

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- \_Breakfast to re-boot and energize brain
- \_Lunch for mental alertness and clarity
- \_Dinner for calming the mind and rejuvenating the mood
- \_Strategic snacks for increased stamina and endurance





TREAT YOUR BRAIN TO NOURISHING FOODS  
AND  
WATCH HOW IT RESPONDS

Thank you for your time and attention!