

Brain Boost: Nutrition Tips for Focus and Vitality

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Key Ideas

Forget eating “healthy”
Ask, “Am I nourishing my body?”

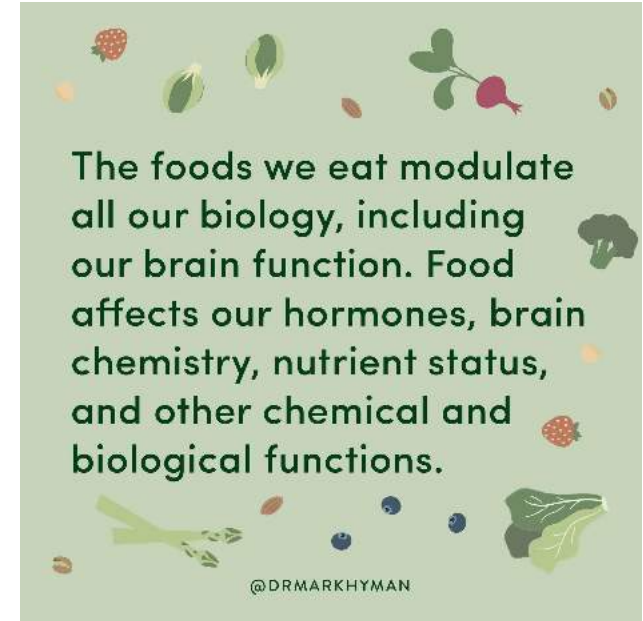
1. Prioritize foods that help your health
2. Manage foods that harm your health
3. Eat mindfully
4. Build stress resilience



#1: Foods that Help - Nutrient Dense

✗ Calories ✓ Nutrients per calorie

- Greens and Cruciferous
- Rainbow veggies and fruits
- Beans, nuts and seeds
- Onions and garlic
- Mushrooms
- Seafood and fish (fatty*)
- Sustainably sourced meat, poultry, eggs
- Ancestral grains
- Herbs and spices



COLOR MY FOOD

Functional Nutrition

Nutrient Density: Macronutrients

Proteins > essential amino acid = building blocks

- Muscle, bone, nerves, enzymes, antibodies, neurotransmitters

Fats > essential fatty acids

- cell structure, hormones, absorb vitamins A, D, E, K, long fuel, satiate

Carbs - quick fuel , fiber, micronutrients

Tip: Get most of your carbs from plants

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Nutrient Density: Fiber

- Controls the rate of digestion
- Lowers cholesterol and blood pressure
- Nature's "broom" - removes toxins, waste
- Feeds the healthy bacteria in gut:
 - Home to your immune system
 - "Second brain"

Tip: How many plant foods do you eat each day?



Our hunter-gatherer ancestors ate 100 to 150 grams of fiber each day.

Today? The typical American eats about 8 to 15 grams daily.

Micronutrients - Phytochemicals

- Natural chemical compounds in plants > color, aroma, flavor
- Each color = family of preventative / healing properties
- Aim for 3 – 4 colors every meal
- Go local/seasonal = diversity

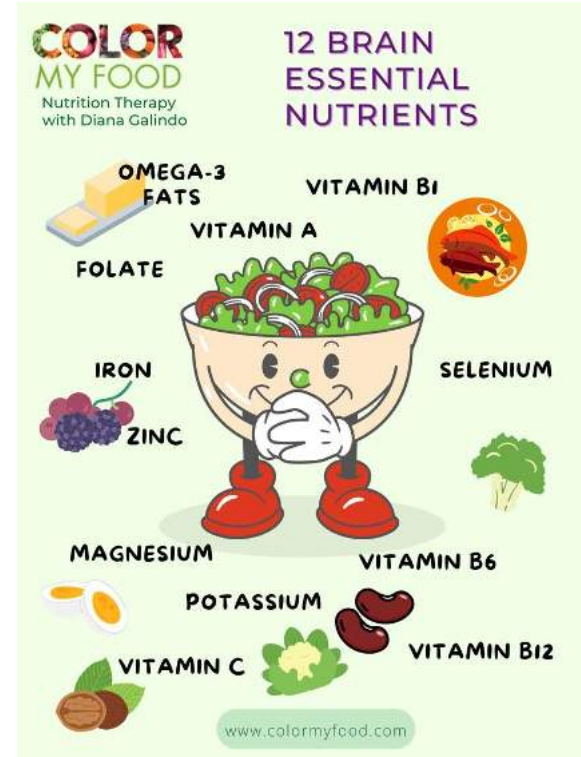
Tip: How many colors on your plate?



Foods that Help Your Brain

Your brain

- Most complex organ
- Tens of billions of neurons and cells
- **Consumes 20%** of everything you eat
- Deficiency of essential nutrients = structure and function will suffer
- Your gut is your “second brain”



Manage Foods that are Harmful

- Avoid industrial seed oils
- Avoid high fructose corn syrup
- Avoid artificial sweeteners
- Choose minimally processed foods
- Packaged “natural”, “gluten-free” are still processed foods

Tip: Read ingredients labels - 5 ingredients or less



DANGER DANGER!!!

The average American eats **160 pounds** of sugar per year

- Read ingredient labels: 5 grams of sugar per serving
- Sugar is the root cause of inflammation
- Refined flour - same effect as sugar

Tip: Read ingredients labels - 5 grams of sugar per serving

ALZHEIMER'S IS NOW BEING CALLED TYPE 3 DIABETES.

WAYS TO PREVENT COGNITIVE DECLINE:

Eat less sugar

Manage stress

Get quality sleep

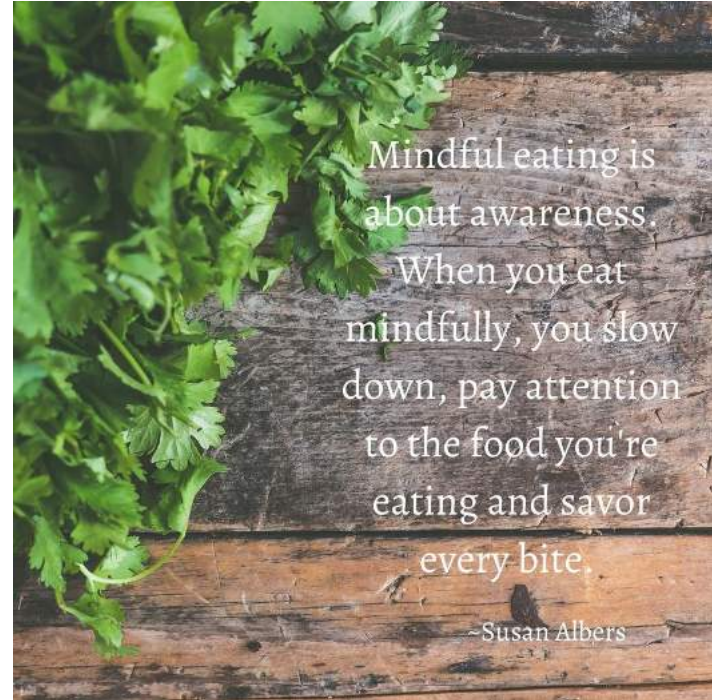
Exercise

@DRMARKHYMAN

#3: Practice Mindful Eating

Digestion = gateway to health

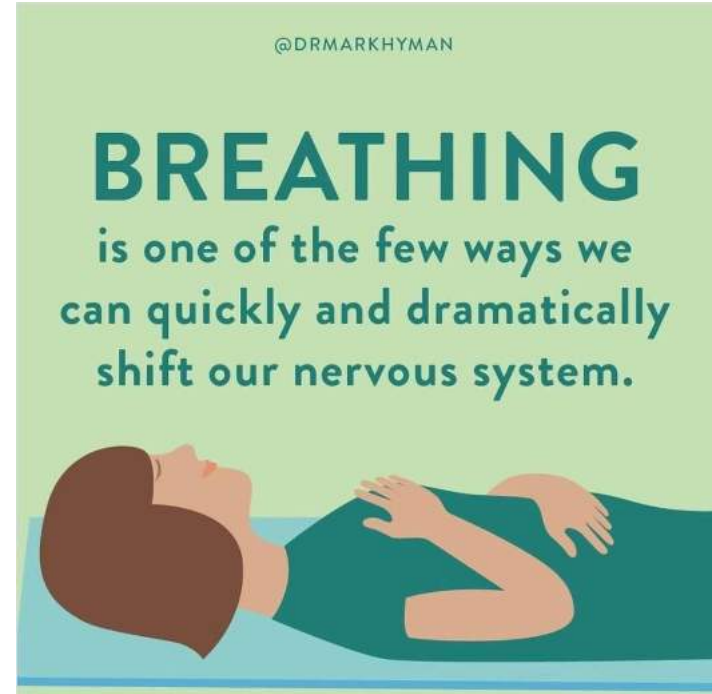
- Just eat, no multitasking
- Deep breaths before first bites
- Chew until solids are liquid
- Slow down, stop when 80% full



#4 Build Stress Resilience

Stress is hazardous to your health

- Digestive havoc: heartburn, diarrhea, constipation = nutrient deficiency
- Blood sugar regulation & insulin resistance / inflammation
- Hormonal imbalance / cognitive function
- Neurotransmitters: mood, cognitive function



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It's a lifestyle not a diet



Nutrition is not low fat. It's not low calorie. It's not being hungry and feeling deprived. It's nourishing your body with real, whole foods so that you are consistently satisfied and energized to live life to the fullest.



#therestartprogram

RESTART Program

The RESTART® Program is a simple and powerful way, using REAL FOOD, to boost your energy, reduce inflammation and improve your digestion. Discover how good you can feel!

- 1 hour / 5 weeks **on ZOOM**
- Mondays 7 pm CST
- April 22 - May 20
- Investment \$399

Register at
colormyfood.com/workwithme



Real Food. Real Learning. Real Support.
www.TheRestartProgram.com

20% Gift to You

Valid for 48 hours - expires Thursday

Coupon Code #BestYearYet

Register at
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COLOR
MY FOOD
Nutrition Therapy with Diana Galindo



RESTART was insightful. I now have the understanding and potential to make mindful choices and maintain a healthier, more energized lifestyle. Diana's supportive coaching was especially welcoming as I went through a few challenges along the way.

- MICHELLE H.

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Functional Nutrition

1:1 Nutritional Therapy

True health is about feeling good ✨

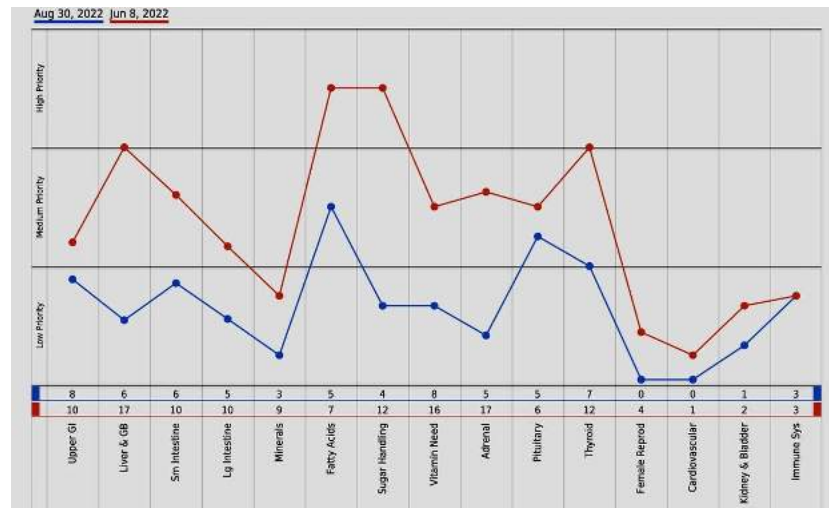
- Identify root causes of your symptoms
- Develop a plan **unique to you**
- 4 - 6 months - 1:1 coaching

Schedule a 20-minute free Discovery Call

<https://www.colormyfood.com> or email

dianag@colormyfood.com

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Functional Nutrition

Mental/Brain Health Resources

Eat to Beat Depression and Anxiety

by Drew Ramsey

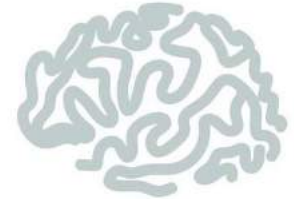
<https://drewramseymd.com>

Calm your Mind with Food

by Uma Naidoo

<https://umanaidoomd.com>

Every time we eat,
we have a chance
to **boost** our brain
function.



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Functional Nutrition

Brain Health Resources

Brain Health Kitchen

<https://www.brainhealthkitchen.com>

David Perlmutter

<https://www.drperlmutter.com>

Dale Bredesen

First Alzheimer's Survivors - book

<https://www.apollohealthco.com/bredesen-protocol/>

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Special Features

Memories for Life

First Alzheimer's patients reversing their cognitive decline

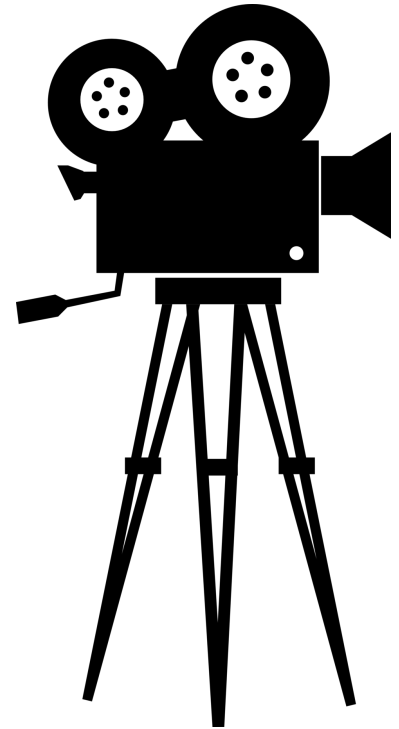
<https://memoriesforlifefilm.com>

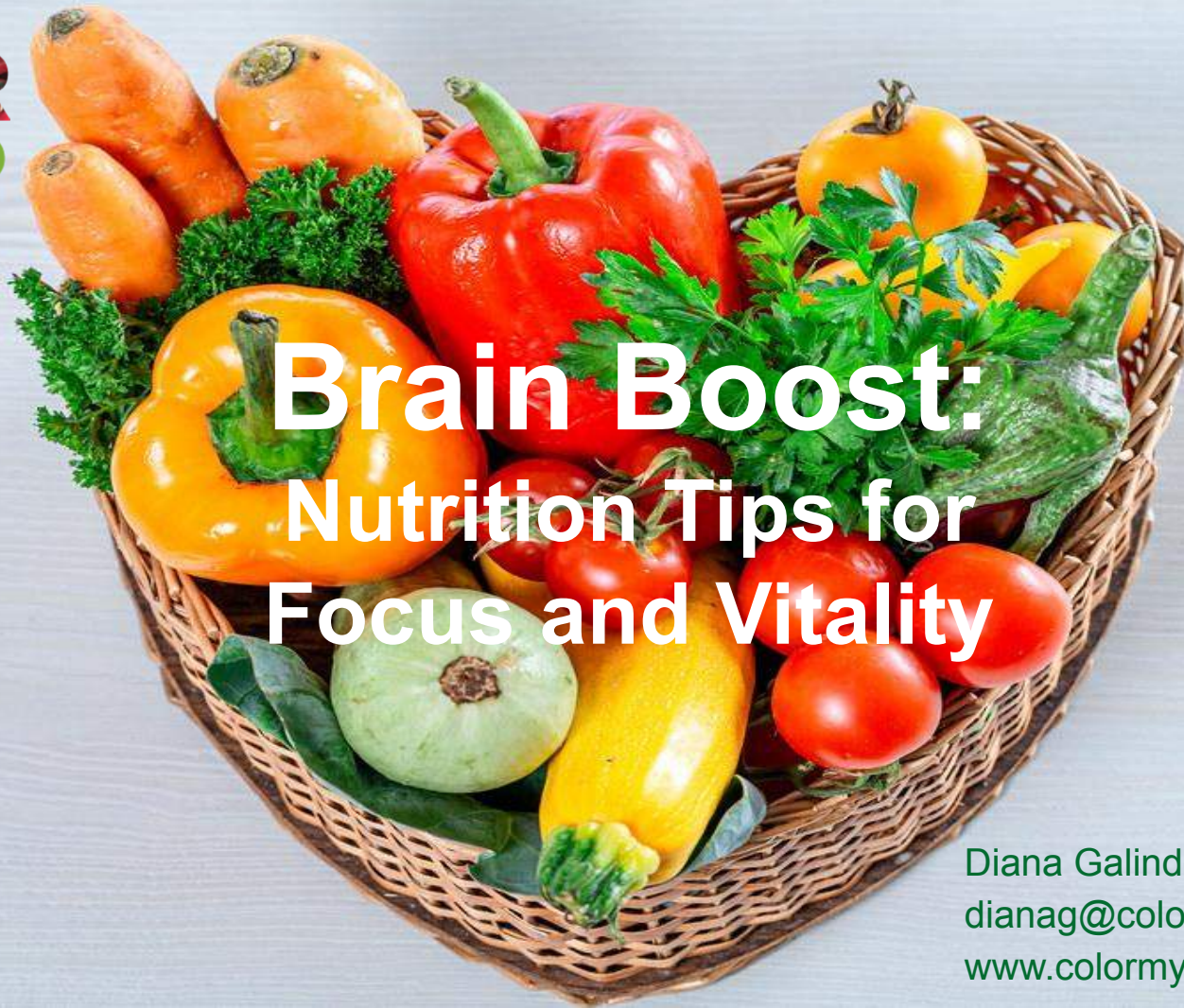
Ending Parkinson's

<https://endingpd.org>

Live to 100: Secrets of the Blue Zones

<https://www.netflix.com>





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