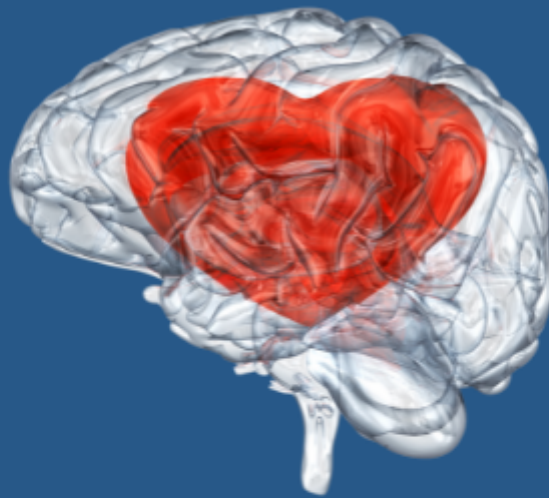


LIFESTYLE FOR HEALTHY HEART AND BRAIN



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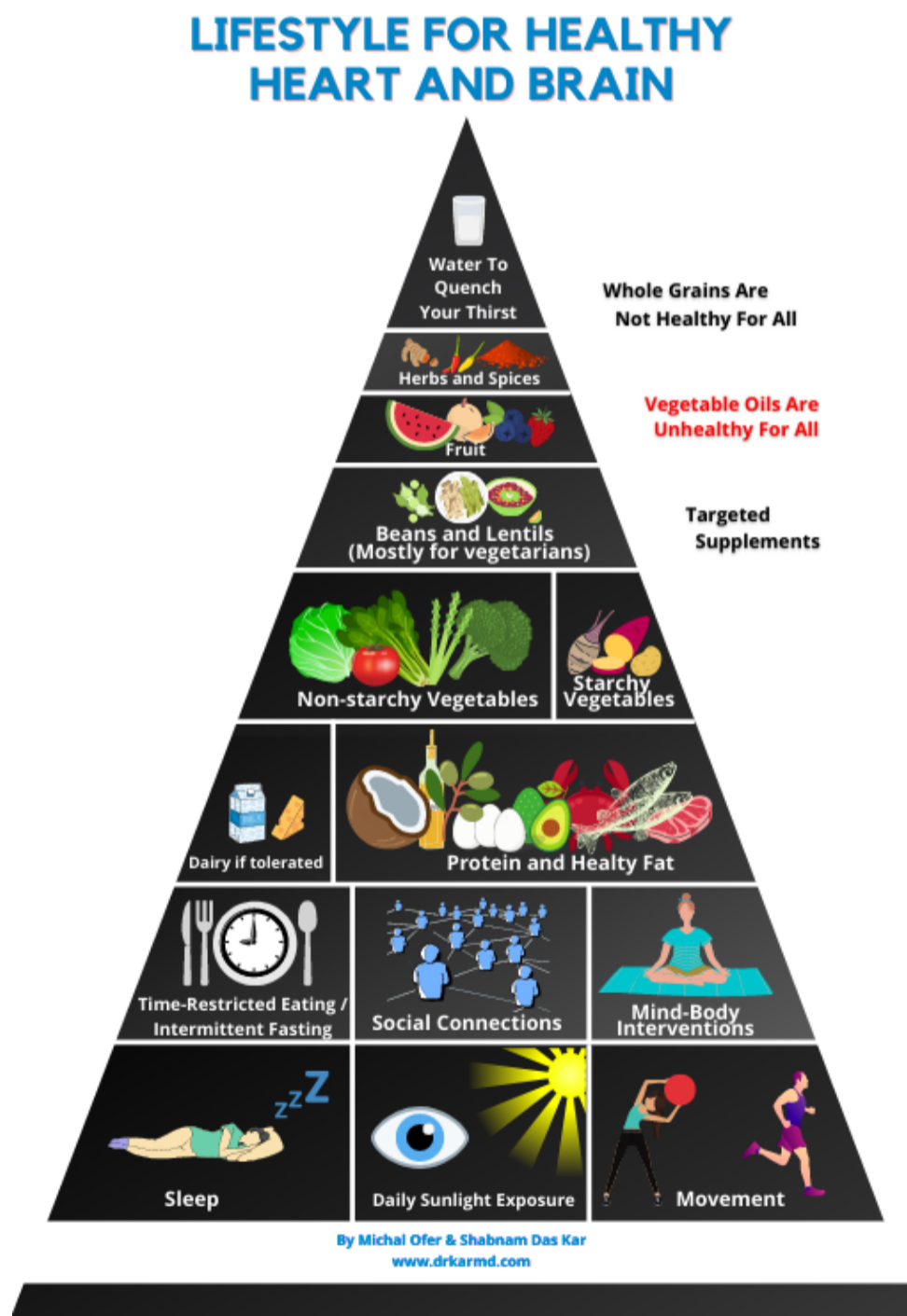
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INTRODUCTION

What is good for your heart is good for your brain. Our bodies are networks of networks. One system cannot be saved (or harmed) independent of the others.

The foundations of brain and heart health are

1. Optimal blood glucose levels
2. Optimal blood pressure levels
3. Low levels of chronic inflammation



As you can see in the pyramid infographic above, food has a massive impact on your heart and brain health. However, the other areas are important too.

Where should you start? It depends on you! As the head of the Stanford Behaviour Design lab and founder of the Tiny Habits Method, Dr. B. J. Fogg says, "***Help people do what they already want to do. People change best by feeling good, not by feeling bad.***"

(I am a certified Tiny Habits Coach)

An excellent place to start is by reviewing where you are today.

I use the acronym SEMMT, which stands for

S-Sleep

E-Eat

M-Move

M-Mind-Body Interventions

T-Targeted Supplementation

Food

When it comes to food, what you eat is as important as when you eat and how many times you eat.

What:

Prioritize protein and good fat over carbohydrates. Amino acids make proteins. Several amino acids are indispensable or essential, which means our bodies cannot make them. They have to be eaten, either as food or supplements. Proteins keep hunger away.

Among fats, omega 3 fatty acids like EPA and DHA are essential fatty acids. Our bodies cannot make them.

There are no essential carbohydrates. Our bodies can make carbohydrates. Avoid sugar and food that becomes sugar, like rice, pasta, roti, bread, and biscuits (cookies), cornflakes. Honey and jaggery are sugar too. Alternative sweeteners like sucralose and aspartame are harmful to your heart and brain. They do not help you lose weight.

When:

Eating earlier in the day versus late in the evening helps lower blood glucose levels.

Eating in shortened windows of time helps your heart and brain. Do you know your eating window? To learn more, please read the section Intermittent Fasting /Time-Restricted Eating.

How many times should you eat?

Each time you eat or drink "non-fasting" fluids, your blood glucose and insulin levels rise. And at the same time, your body also mounts an immune response. Therefore, if you eat 3 high-quality meals instead of 3 meals plus 3 snacks in a day, you will keep your brain and heart safer.

Eating small frequent meals is a sure path to poor brain and heart health.

Intermittent Fasting Or Time-Restricted Eating?

We interchangeably use Intermittent Fasting and Time Restricted Eating (TRE). Some of us like to use Intermittent Fasting for a fasting interval of 24 hours or longer, while Time-Restricted Eating is any fasting interval greater than 12 hours and up to 24 hours.

A fasting interval of fewer than 12 hours does not count. That is unhealthy eating behaviour.

Does fasting bring up feelings of deprivation or starvation, hunger and shrivelled up skin? Well-guided fasting does not do any of that. If the word "fasting" has negative connotations, use TRE.

Why would you like to fast?

Know your reasons for fasting. Is it for weight loss, reducing brain fog, improving focus and memory, and preventing cognitive decline?

Or do you have diabetes and are looking for a more natural approach to managing blood glucose levels and reducing your medications?

Suppose you have diabetes or food addiction, or eating disorders. In that case, you should not attempt a fast without guidance from a knowledgeable practitioner.

What are fasting and eating windows?

If you do a 12:12 fast, here is how it can work:

You finish dinner at 7 PM, followed by an overnight fast.

Breakfast is at 7 AM the next day.

16:8 TRE: The easiest way to extend your fasting interval is by eating your breakfast late. Have breakfast at 11 AM and finish dinner by 7 PM. No milks tea or coffee with sweeteners before breakfast or after dinner.

Do you have the "Sitting Disease"?

Suppose there is one area that should be a top priority for you. In that case, it should be reducing your sitting time-the amount of time you spend sitting continuously at the office, watching TV, commuting.

Prolonged sitting impairs your brain and mood and increases blood glucose levels and inflammation, and reduces your muscle mass.

Two simple strategies:

1. Get a sit-stand desk
2. Walk when talking on the phone

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